

REABLEMENT

Reablement is an assessment and support service for people to receive in their home to help them relearn daily living skills and regain confidence to live independently. This is for a period of up to six weeks with up to four visits a day. Referrals are made to the team usually on discharge from hospital or following an episode of being immobile. Referrals are accepted from Mental Health where the support required is for re-learning and daily functioning – the focus of the service is primarily improving physical ability and functioning.

Key messages:

- Reablement is designed to help people learn or relearn the skills necessary for daily living and to support them to do things themselves. These skills may have been lost through deterioration in health and/or increased support needs. A focus on regaining physical ability and confidence is central to the impact of Reablement.
- Reablement is an assessment service and should be the first option considered for potential adult social care service users. Reablement should support people to regain their independence and then use this baseline to assess if they need any ongoing support.
- People using Reablement welcome the emphasis on helping them gain independence and better functioning. Service user involvement is crucial to maximising the impact of reablement, and service user feedback should regularly be gathered to inform continuous service improvement.
- Reablement improves a person's outcomes, particularly in terms of restoring someone's ability to perform usual daily activities and improving or sustaining their quality of life.
- Reablement should benefit social care by allowing care manager to make more informed support assessments and ensuring that people are kept independent for as long as possible.
- Reablement achieves cost savings through reducing or removing the need for ongoing support via traditional home care, particularly after a specific health episode.
- Reablement is one service on a continuum of intermediate care. This continuum spans acute and long-term care and responds to a range of health and social care needs. Other 'intermediate' services can include rehabilitation, rapid response and supported discharge teams.

The Ethos of Reablement

Reablement:

- Is about **supporting people to do things for themselves**, rather than doing things to or doing things for people
- Is **time-limited**; the maximum time that a service user can receive support is 6 weeks and is judged on an individual basis when entering the service.

- Is **outcome-focused**: the overall goal is to help people back into their own home or community.
- Involves setting and **working towards specific goals** agreed between the service user and the Reablement Team.
- Is a **personalised approach** – the support is tailored to the individual's specific goals and needs
- Involves providing **intensive and regular support** to people.
- Treats **assessment** as something that is **dynamic not static**. This approach means that a person's care or support package cannot be defined on the basis of a single, one-off assessment. Instead someone should be worked with over a defined period of time, during which their needs and abilities may change, with a reassessment at the end of the period of reablement.
- Assumes that **something should change by the end** of the reablement intervention, always working towards positive change
- **Builds on** what people can already do or could do before their recent deterioration, and supports them to regain skills to increase their confidence and independence
- Can involve ensuring people are provided with **appropriate equipment** and/or assistive technology to support their needs; and that they understand how to use it.
- Aims to **maximise users' long term independence**, choice and quality of life.