

Reablement

What is Reablement?

Reablement can help you regain skills and confidence to help you live independently.

For example, the reablement service can help you to:

- Find new ways to do things so that you feel safe and more confident.
- Regain skills and confidence to carry out daily living activities like washing, dressing and meals.
- Look at what else might help (e.g. support to go out, personal alarms, home adaptations or other equipment).
- Involve your relatives and/or carers in helping you to live more independently – and discuss any support they may need, this may include a Carers Assessment.

Who is Reablement for?

Reablement can help people who need support with daily activities because, for different reasons, they are finding it more difficult to do them.

The service is for anyone over the age of 18 who is eligible for social care support and who would benefit from a period of reablement. It is not suitable for people who already have a long term care provider or people who have a serious illness which requires specialist care and pain support (palliative care).

What does Reablement involve?

Before starting a programme of reablement, you will need to have an assessment, which highlights which areas of your life you need support and what your strengths are.

We will ask you to set realistic goals which our support workers can help you achieve. Each week we will discuss the progress you are making and identify new goals as required.

After three weeks we will visit again and complete a review. We will work with you and decide whether you need longer term support or whether you need reablement to continue building on the progress that has been made.

City of York Council

 01904 555111

 adult.socialsupport@york.gov.uk

 www.york.gov.uk/health/carers



What happens after Reablement?

If reablement has worked well you may find you can manage on your own or only need a little support.

If you need longer term support we will arrange for you to have a social care assessment. The assessment will look at your individual needs and goals. We will talk with you about the support options available and what will work best for you.

Will I have to pay for Reablement?

Whilst your social care needs are being assessed, you will not be charged for your reablement support (this can be from a few days or up to a maximum of six weeks). We will review your progress at three weeks and, if the reablement period is completed and you require ongoing support, you may need to contribute to the cost of care depending, on your financial assessment.

A Customer Finance Advisor will help you complete a financial assessment form. The purpose of the financial assessment is to determine whether you are eligible to have some, all or none of your care and support costs funded by the council.

If you are eligible for funding support, we will tell you how much you need to contribute towards your care and support services. The Customer Finance Advisor will offer to check that you are receiving all of the benefits that you are entitled to, and help you claim any benefits you are entitled to, but don't yet receive.

How can I get Reablement?

You can refer yourself or ask a family/friend or a health professional working with you to contact Adult Social Care on **01904 555111**. If you already have a social care manager please talk to them about it.

If there is an emergency outside office hours, or at the weekend you can contact our Emergency Duty Team for advice on **0845 0349417**.

This information can be provided in your own language.

我們也用您們的語言提供這個信息 (Cantonese)

Ta informacja może być dostarczona w twoim własnym języku. (Polish)

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

 **01904 551550**

If you would like this information in an accessible format (for example in large print, in Braille, on CD or by email) please call **(01904) 551550**

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