

# Reablement Care



## Information for service users

### What is reablement?

After an injury or illness, or as you get older, you may find it more difficult to do some of the things which you used to be able to do, and that you need some support to help get these abilities back.

Reablement is the name we use for a period of short-term, sometimes intensive support, to help you re-learn daily skills you need, or to find new ways of doing things, to be able to live independently.

### How is reablement different from other care services?

The main difference is that reablement is about helping you to do things for yourself, to help you relearn daily skills and regain the confidence you need, and not doing these things for you.

### How does reablement work?

If you are eligible for reablement, we will work with you to understand your needs and agree goals with you based on what you want to achieve, to be able to live independently. We can then arrange the support you will need to achieve these goals.

The aim is to provide intensive short-term support with the intention that this leads to long-term improvements.

### How do I find out if I am eligible for reablement?

If your health or social care assessor thinks you will benefit from reablement they will make a referral to the Community Independence Service.

We will then screen your needs/referral and let you or the referrer know if they are the most suitable service.

## **Do I have to pay for reablement?**

No, reablement is free and you will not be asked to pay for the service you receive, for the duration of your reablement which is usually up to six weeks or less depending on your progress.

## **What happens if I need ongoing support after my reablement?**

As part of your reablement service, your health or social care assessor will review your progress and if needed, will discuss with you how your ongoing care and support needs can best be met.

A Care and Support Plan will then be agreed with you detailing the Adult Social Care services that will help you to meet your ongoing needs.

## **Are Adult Social Care services free?**

No, unlike Health funded services, most Adult Social Care services are not free. This means that you may have to pay something towards the costs of your care and for some people, this could be the full of the cost of their care.

## **What happens next?**

We will offer you an assessment of your financial circumstances, sometimes called a 'means test'. This is to see if you qualify for financial assistance from the Council towards paying for the cost of your care.

## **How much will it cost me?**

This depends on your personal financial circumstances and there are three possible outcomes. You might be assessed to pay nothing, or a weekly contribution towards the cost of your care or the full cost of your care.

## **Where can I get more information?**

Your health or social care assessor should be able to help you with any questions you may have.

You can also find more detailed information about reablement on our [Community Independence Service](#) website and our [Adult Social Care](#) website called People First, which also provides information on other Adult Social Care services we provide.