

Reablement: A guide for Carers

Tachwedd 2019

Reablement is a programme of short-term assessment and support designed to help older people or people with disabilities to regain, maintain and maximise their independence, improving choice, confidence and quality of life.

You may have been given this leaflet because you care for someone or have a relative who is being referred for reablement services.

The reablement service is provided by a skilled team of professionals and includes Occupational Therapists, a Physiotherapist, Social Worker and Support Staff.

Reablement is a free service for a short period. This can be just one week or up to a maximum of six weeks, depending on the person's needs.

At first, a reablement team service user may need a few visits every day but as they progress, the number of visits will reduce. The length of the programme depends on individual circumstances and how the service user progresses in meeting their goals.

How does Reablement work?

When someone is referred to reablement, they will be offered an assessment to find out what their needs are and how reablement services might be able to meet these needs.

If the assessment shows that reablement could help the person you care for to regain or maximise their independence, then a reablement programme will be designed for them.

Each reablement programme is tailored to meet individual needs.

Your encouragement and support for the programme will be key to making sure that the individual gets the most benefit from their programme.

The type of support provided is tailored to our assessment of the individual's needs.

For example:

- Help with personal care
- Practical support with preparing meals
- Prompting with medication or medication management
- Providing equipment or assistive technology with help to understand how to use it
- Teaching exercises to help regain mobility, strength and confidence – with support and encouragement to practice the exercises.
- Finding practical solutions to problems that may be reducing independence.

How can I as a carer support the reablement programme?

It is important that the person you care for is able to **practice and re-learn** the skills agreed in the programme to regain as much confidence and independence as possible. The encouragement and support you can provide, while maintaining your caring role, will support them and the reablement team.

Your **family member** will have been given a leaflet called “Reablement”. As the carer, it might be useful for you to read this too.

We know it is important to keep carers involved and informed and we will treat your knowledge of the cared for person with respect. We will help you to understand decisions taken if required, that where decisions are taken in your absence, that those decisions are promptly explained to keep you informed.

As long as the person you care for agrees, we can discuss their progress on the programme with you and answer any questions you might have.

Are there any costs involved for the service user?

The Reablement Service provides short term support only. When the maximum level of independence is achieved the Reablement programme will end.

If the person has a need for a longer term care package this will be discussed with them and, if appropriate, a care package will be agreed. For any long term care arrangement a Financial Assessment may need to be undertaken and the person may be charged.

Your rights as a carer

You are entitled to a separate Carer's needs assessment. You can get advice from North East Wales Carers Information Service (NEWCIS).

28-44 New Street, Mold, Flintshire CH7 1NZ
01352 752525

Opening hours: Mon-Thursday 9am-5pm. Friday 9am-4.30pm

Email: flintshire@newcis.org.uk

Website: www.newcis.org.uk

For further information or other formats including Braille, Large Print and CD please contact:

Single Point of Access
Preswylfa,
Hendy Road,
Mold, CH7 1PZ.
03000 858 858
spoa@flintshire.gov.uk

Out of hours emergency number is **0845 053316**

Our leaflets are also available online at:

www.flintshire.gov.uk/careinfo

A source of valuable information on many topics for carers can be found on www.carersuk.org including a detailed briefing paper called Reablement: a guide for families and carers, which was produced by the Social Care Institute for Excellence together with Carers UK.

The Carewell Handbook, helping you have more energy to care, has been produced by Bupa, Carers UK and Mend and is available free by calling 0800 011 4777.

Mae'r ddogfen hon ar gael yn Gymraeg. Cysylltwch â 03000 858 858 i gael fersiwn Gymraeg.

This document is available in Welsh. Please contact 03000 858 858 for a Welsh version.

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