

Reablement Frequently Asked Questions

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Understanding Reablement

Q: What is reablement?

A: Reablement is a new service that provides care at home for up to six weeks, aimed at giving you the confidence to live in your own home for as long as possible.

The Reablement team will work with you to help you regain the skills to do the things you want to do for yourself at home. This might mean getting washed and dressed on your own, or preparing your own meals.

Q. Who provides the reablement service?

A. Glasgow's Reablement service is provided by Glasgow City Council Social Work Services, in partnership with Cordia Home Care and NHS Greater Glasgow and Clyde.

Q: What are the benefits?

A: Reablement has a number of benefits:

- you can regain skills to do the things you would like to do for yourself at home.
- we can provide flexible care that is tailored to your needs.
- the focus of is on getting the results you want.

Q: How is Reablement different from traditional home care services?

A: The traditional approach to home care support involves developing a care plan based on someone's immediate needs and providing ongoing support based on that initial assessment.

The Reablement approach means we spend up to six weeks working with you, agreeing a plan to help you regain skills and providing support that helps you do this. This team works with you to help you to do the things you'd like to do for yourself, instead of simply doing those tasks for you.

Q: Is there a link between Rehabilitation and Reablement?

A: Yes, Rehabilitation and Reablement services help you to regain skills and build your confidence. If you receive Rehabilitation at the same time as Reablement, both teams will share details of your plans and progress so that you receive the maximum benefit from both services,

How it Works

Q: Who is Reablement for?

A: Reablement is initially aimed at people coming out of hospital.

The new service will be rolled out across the city, starting in the North East area in October 2011, followed by the South area in April 2012 and the North West in October 2012.

Q: How long does it last?

A: Reablement lasts for up to six weeks, after which your needs are re-assessed and a new support plan is put in place, if required.

Q: How does it work?

A: The Reablement starts with an assessment of what you can do and what you would like to do for yourself. The assessment is carried out by an occupational therapist, who then agrees with you and your home carer a plan for your reablement.

The amount of care and support you receive, during and after the six week reablement period, will depend on your needs.

The Reablement team will review your progress each week and update your plan. A final review is carried out at the end of your reablement period. After the final review, the team will look at what ongoing care at home you need, if any, and they will organise this for you.

Q: Who is part of the reablement team?

A: Occupational therapists and Cordia Home Care staff make up your Reablement team.

Q: Will my family be involved in the process?

A: Yes, it is important that your family and carers understand Reablement so that they can encourage and support you through the process.

Q: What happens after the period of Reablement?

A: Your needs are re-assessed after the Reablement period and, if required, a new support plan is put in place.

Q: Will I have to pay for the services I receive?

A: In line with current home care charging, under Free Personal Care, there is no charge for the Reablement service for everyone aged 65 and over. There may however be charges for other non-personal care services, for example, shopping.

For those under the age of 65, the standard home care charges will apply – see our [Social Care Charging Policy](#) for more information.

General

Q: What happens if my situation changes and I require more support?

A: A review of your needs will be carried out by the Reablement Team if your circumstances change. The service aims to provide you with the right amount of support as your needs change.

Q: How will I know if Reablement is right for me?

A: At the start of your reablement period, the team will advise you and your carers about the service and its benefits.

Q: Where can I find more information about Reablement?

A: A leaflet is available which explains what Reablement is and what it involves. Alternatively, you can contact your local social work office for further details.