

Reablement

Supporting you with care
that builds confidence



What is a Reablement Homecare Service

Reablement Homecare is a service that provides tailored support to people in their own homes for around six weeks. The service assists by building your confidence and helping you regain skills to do what you can and want to do. This might mean getting washed and dressed on your own or preparing your own meals

The Reablement Homecare Service is a partnership between Social Work Services, Cordia, NHS Greater Glasgow and Clyde and NHS Greater Glasgow and Clyde Community Rehabilitation Service

You will get reablement homecare if you are accessing homecare for the first time, either following a period in hospital or if your needs are assessed at home, to ensure early support provided is tailored to your individual needs and builds your confidence and independence. You will also get a period of reablement if you have been in hospital and your needs have changed due to accident or illness.

Reablement has a number of benefits:

- Helps you to live in your own home for as long as possible, doing as much as you can for yourself
- Focuses on getting positive results for you
- Builds your confidence
- Allows ongoing support to be based on assessment of what you can do for yourself and what areas you require assistance
- Helps to ensure that everyone involved in your care works effectively together to ensure positive outcomes for you

How It Works

Reablement starts with an assessment of what you can do for yourself and what you would like to be able to do, or what you used to be able to do prior to your hospital admission, illness or accident etc. Within reablement, assessment is an ongoing process, as the carers work with you your needs will continuously change.

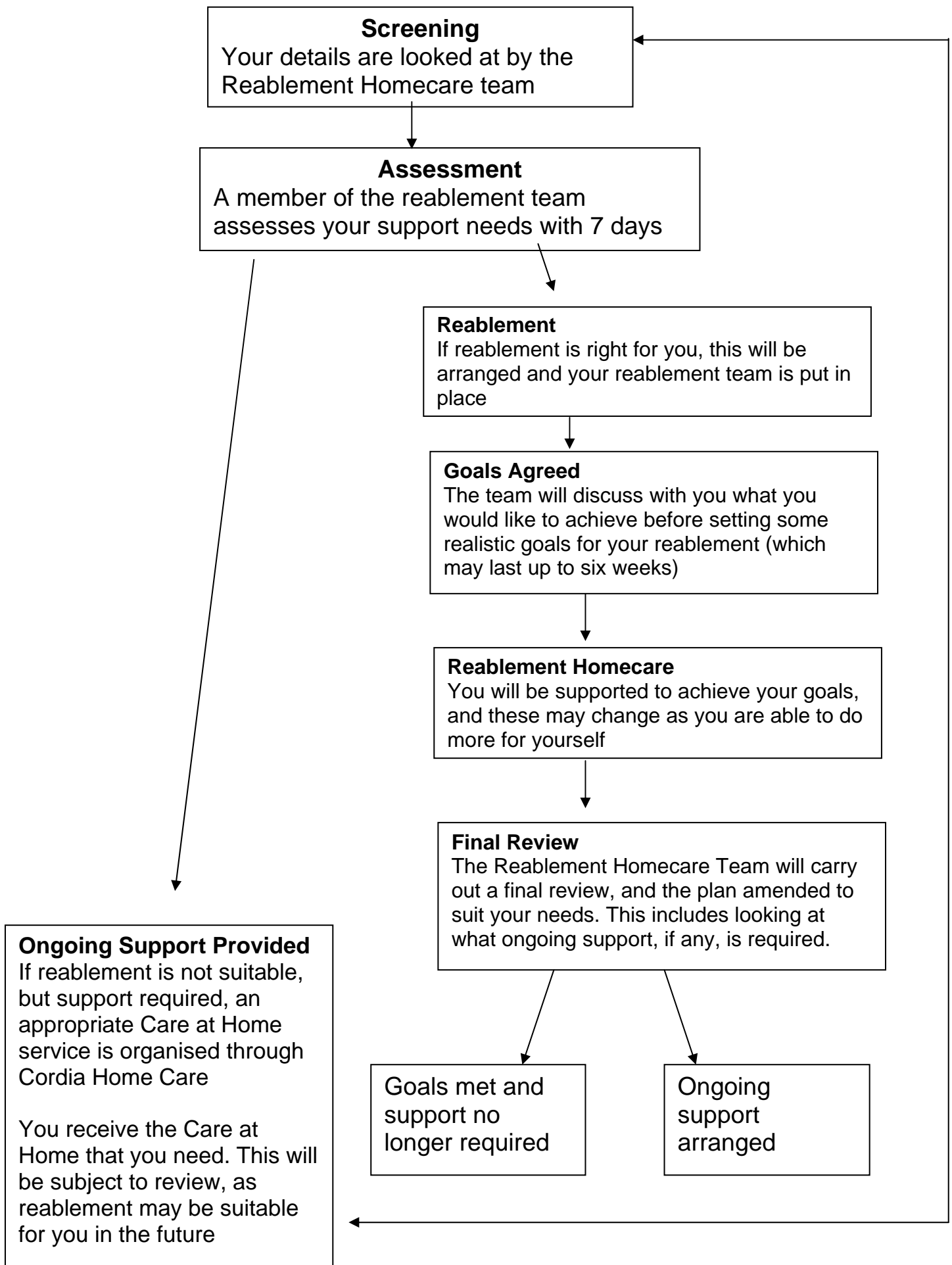
The assessment is carried out by a member of the Reablement Homecare Team, who then agrees with you and your Home Carer a plan for your reablement.

The amount of care and support you receive, during and after your period of reablement will depend on your needs and how much you can do for yourself and is likely to change accordingly.

The reablement team will review your progress each week and update your care plan. The care plan will be adjusted to meet your changing needs and to promote your regained independence. A care diary will be kept in your home so that you, your family and carers can keep track of the progress you make, what goals are set and what your care plan is. Other services or supports that you may need will be arranged, for example, provision of equipment or referral to the Telecare service.

A final review will be carried out at the end of the reablement period. At this point your progress and changes over the reablement period will be considered and if you require ongoing care, the reablement home care team will organise this for you.

How Reablement Homecare Works



Meet the Team

A member of the reablement homecare team will carry out your initial assessment and will be involved throughout your period of reablement. This may be an Occupational Therapist, a Cordia Homecare Assistant Manager or a member of the NHS Greater Glasgow & Clyde Community Rehabilitation team.

They will:

- Work with you to agree a care plan based on the skills you have and the skills you want to learn or re-learn
- Provide advice to home carers on your care plan
- Keep track of your progress and carry out reviews

The Cordia Homecare Assistant Manager will make sure that you have the right support and care. They will:

- Manage the Home Carers
- Make sure that your care diary is accurate

The Reablement Homecare Carers provide day-to-day support and will:

- Work with you to help you regain the skills in your care plan
- Keep your allocated team member up-to-date on your progress
- Fill out a progress report in your care diary

Involving you and those around you

Each week the team will work with you supporting you to do the tasks that will improve the quality of life you have in your own home.

Where appropriate, the team will also involve family and friends who provide support and care, to make sure everyone is working towards the same aim: helping you to live as independently as possible.

Your views

We are always looking for ways to identify how we can improve our services. As a result, you may be asked to complete a questionnaire at the end of your reablement homecare period and your comments will help us to do this.

Charges

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

For those under 65 the standard Home Care charges will apply.

Where required, we can provide help to make sure you are receiving all the benefits or financial support to which you are entitled.

Getting in Touch (subject to change)

Glasgow City Council Social Work Services are committed to providing high quality services that protect children and adults from harm, promote independence and deliver positive outcomes for the people of Glasgow.

For further information, please contact Social Work Services in your area:

North East: 0141 276 4710

North West: 0141 276 2420

South: 0141 276 8700

Glasgow & Partners Emergency Social Work Service: 0800 811 505

Or

Cordia Home Care (8am-10pm): 0141 353 9292

For information on the other formats this leaflet is available in, please contact the Communications Unit on 0141 287 6732.