Reablement: extra help to live independently

» About reablement

Reablement aims to help people get back the skills and confidence they need to live in their own home. Unlike traditional home care services - when a home care worker does things for you - reablement encourages you to do things for yourself. Reablement aims to keep people living independently in their own homes, so that they do not need long-term care services or hospital stays.

Reablement is a **short-term**, **intensive support** service. This means a person using the reablement service will get a range of different support, depending on their needs, for a time limited period.

You do not have to pay to use the reablement service.

» Getting help from reablement

To use the reablement service you must:

- be a Hartlepool resident aged 18 years or over
- be in need of support to live independently in your own home
- have the potential to improve
- have the potential to keep using those skills once you have finished your reablement programme
- agree to **actively participate** in your reablement programme

If you have been in hospital and would like to use the reablement service, hospital staff will send your details to us and ask us to arrange to visit you. We call this a **referral**. Other organisations in Hartlepool can also refer you to reablement.

Once we have received your referral one of our reablement officers will visit you to carry out an **assessment**. An assessment is a way for us to:

- find out what things you would like to achieve by working with the reablement service. We call these your **outcomes**
- work out what sort of support will help you achieve your outcomes

After your assessment your reablement officer will work with you to agree on your plan. This

plan will give details of what you and the reablement service have agreed to do to help you achieve your outcomes.

Your reablement officer will check your progress and update your plan regularly during the reablement programme.

» At the end of your reablement programme

We hope that, at the end of your reablement programme, you will be able to live in your own home with very little or no support.

However, if you do need more help from Adult Social Care, a social worker will help you fill in a self-directed assessment questionnaire (SDAQ) and develop a new plan.

Your reablement officer or a social worker can tell you more about this if you need them to.

» Our contact details

You can get in touch with us by telephone, textphone or email. We open at 8.30 am every weekday. We close at 5 pm from Monday to Thursday. On Fridays we close at 4.30 pm.

Telephone:	01429 284832
Textphone/minicom:	01429 284130
e-mail:	socialcare@hartlepool.gov.uk

» About this factsheet

This factsheet tells you about Hartlepool's reablement service. We issued this factsheet in January 2012. We will check the information is up to date in January 2013.

You can download all of our factsheets from **www.hartlepool.gov.uk/factsheets**
If you do not have access to the internet you can request factsheets from our administration team on 01429 523745