



Re-ablement Service

What is the Re-ablement Service?

Re-ablement is a new service that provides practical and emotional assistance to people who are at risk of not being able to remain independently in their own homes because of frailty, disability or illness. The service is provided by Dorset County Council Adult and Community Services.

The aim of re-ablement is to maximise independence, choice and quality of life, and reduce the need for support for the future. The service works with people, to enable them to do things for themselves, rather than having things done for them.

We will do everything we can to give you the support you need to help you regain any skills you may have lost, including improving your mobility, independence and wellbeing. We will provide you with support to undertake personal care tasks, which you may not be able to do at present without assistance.

For example:

- Getting up, out of bed and dressed
- Getting undressed and into bed
- Washing, shaving, washing your hair
- Helping with toilet requirements
- Helping with eating or drinking
- Shopping for essentials

The re-ablement service is different from traditional home care, in that it aims to work alongside you to help you to do as much as you can for yourself.

Re-ablement can offer support that is designed specifically for you. We take into account all the elements that are important to your independence, such as making sure you have the right equipment that might help you and that you can practice day-to-day living skills in an un-pressurised and supportive way.



As well as the satisfaction of being able to do more things for yourself, some support from the re-ablement service is likely to lead to less need for traditional home care in the long run and therefore, may be less costly for you overall.

What will the re-ablement service cost?

Re-ablement is free of charge. The service is only provided for as long as you are continuing to gain more independence, for up to a maximum of six weeks.

What happens if I take part in re-ablement?

Initially you will be contacted by a member of the re-ablement team who will agree with you what you want to achieve. In other words what is reasonable for you to expect to be able to do for yourself at the end of the re-ablement service.

You will be visited by a community support officer, who will ask you to sign a form agreeing that we will work together on tasks and skills and the approximate timing of future visits. If you have a carer this will take into account what he or she is also able to do. The service will also take into account your need for any equipment that could help and if appropriate, you may be visited by an occupational therapist to advise on this.

Re-ablement is about helping people to do more for themselves and become more independent. This means our support changes as you change. Therefore, although we provide a weekly plan of support, specific visit times may vary. However, we shall do our utmost to ensure you are informed if any changes occur.

What happens when your re-ablement programme is finished?

When you and the re-ablement worker feel that you have made as much progress as you are likely to make within the short term, or at the three week stage, a discussion will be held with a member of the re-ablement team to identify what happens next.

Hopefully you will no longer need any home care support at all. However, you may need some on-going help with personal care.



What are your options if you need continuing help with personal care?

If it is recognised that you may require ongoing help with personal care after the re-ablement period is finished, you will be offered an assessment to identify your needs. We can then provide you with assistance in identifying the best way of meeting those needs.

The provision of any ongoing services would be subject to a financial assessment and any contribution to the cost of the services will be dependent on your income, capital and savings.

Please ask your re-ablement worker for more information on the eligibility criteria for services, funding and charges.

For further information regarding the service please contact the Adult Access Team on 01305 221016 or Minicom: 01305 267933. Email: adultaccess@dorsetcc.gov.uk

Personalisation

Adult and Community Services are introducing a host of changes in the way we support people. We aim to put the customer first and maximise the choice and control people have over the services they receive. We will be working closely with the people who use our care services, their carers and our partners to make sure we get things right and make a real difference to people's lives.

Compliments and complaints

Adult and Community Services staff in Dorset are committed to providing quality services to our service users, their carers and families. We welcome comments from our service users as this helps us to understand what aspects of our service people like.

If you are unhappy about the service you have received and want to make a complaint, our factsheet 'How to complain' describes the procedure. Our Complaints Officer can give you advice on the process and can be contacted on 01305 224322.

Diversity statement

Diversity is not about treating everyone in the same way, but about recognising and valuing difference, as well as recognising and addressing inequalities and disadvantage.



As an employer and service provider, Dorset County Council seeks to promote an environment that accepts and actively supports diversity in age, gender, ethnic origin, sexual orientation, religious belief, disability, culture, work style and the many other ways in which people differ from each other.

All our factsheets are available in large print and on audio cassette/CD, Braille, Easy to Read or alternative languages. Please contact the Information Office on 01305 224320.

Further information on services provided by Dorset County Council Adult and Community Services can be accessed at www.dorsetforyou.com

