

MORAY HEALTH AND SOCIAL CARE PARTNERSHIP

Understanding Re-ablement

Support to live as independently
as possible in your own home

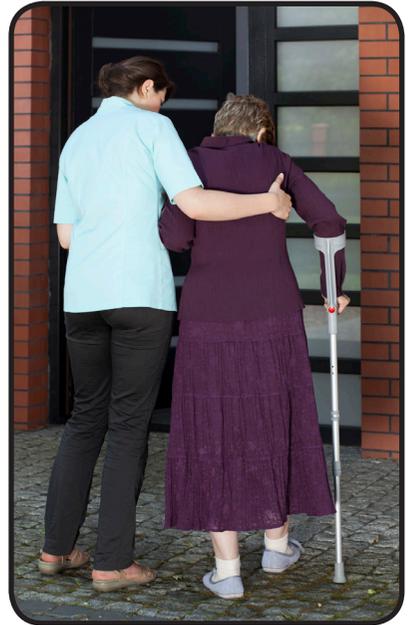


What is re-ablement?

At different times in our lives we may need short-term, intensive support to help us regain our independence so we can carry on living at home without the need for long-term care.

This might be while we build up our strength and regain our mobility following a fall, a spell of poor health and/or if required after being discharged from hospital.

We call this kind of support re-ablement.



How is this different from traditional home care?

Home care is ongoing support where carers carry out the everyday tasks you are unable to do for yourself.

Re-ablement differs from this because it is time-limited support where the re-ablement team will support you to regain skills for independent living and find solutions to things you're struggling with.

This will help you can get back to managing your own daily routine as quickly as you can.

Who provides re-ablement care?

Re-ablement will be provided by The Moray Council through an in-house team of carers who have been specially trained in re-ablement.

How do I get re-ablement care at home?

Depending on your circumstances you may be put in touch with the team through a variety of sources.

If you are in hospital you will be referred by the hospital discharge team. If you are at home you may be referred by a social worker or health care professional.

Community Care staff will need to check first if you are eligible for support.



Getting the most out of re-ablement

To get the most out of this service you will need to be prepared to work with the re-ablement team as they help you to do more things for yourself.

You will have an agreed re-ablement plan which will have information from other health and social care professionals who work with you and will look at individual goals and tasks you need to manage to live independently.

The plan will cover what you want to be able to do for yourself and how re-ablement can help. It will set out small, realistic steps for you to work towards achieving with your carers.

How long does the service last?

Re-ablement is a programme of support which only ever lasts for a short period of time and can last up to a maximum of 12 weeks.

Some people may only need re-ablement for a few days while others need longer to be able to manage again without long-term support. Your plan will be updated regularly as you work through your individual re-ablement programme. This may mean the frequency of the support you receive changes from time to time.

The re-ablement programme is flexible and visits will be based around your support needs, including health priorities, and not blocks of time.

What if I need any special equipment?

If equipment may help you to undertake a particular task it will be made available free of charge.



What we ask of you during your re-ablement

- To treat staff with courtesy and respect at all times;
- For reasonable steps to be taken to make sure the health and safety of staff is not put at risk while they are in your home. This includes not smoking while they are present;
- To tell us as soon as possible if, for any reason, you will not be at home so your visit can be cancelled;
- To tell us as soon as possible of any change in your personal circumstances that may affect the level or frequency of support you need; and
- To give us feedback on the re-ablement service.

What you can expect from us

- To treat you with dignity and respect at all times;



- To tell you as soon as possible of any changes to your visits; and
- To review and discuss your re-ablement programme with you regularly and answer any questions about your care.

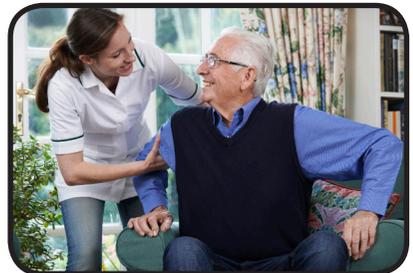
What happens when my re-ablement programme comes to an end?

We hope that by the end of your re-ablement programme you will be able to carry on living in your own home with little or no support from services.

However, before your re-ablement programme ends staff will talk to you and your family about what help you may need at home in the longer term. If it is agreed you need an ongoing care package then a social worker will work with you and your family to look at the care and support you need and how that can be provided.

It might be provided by staff working directly for the council or by staff working for companies which have a contract with the council.

You will be helped by your social worker to look at your options under Self-directed Support to have greater choice and control over how your support needs are met.



Is there a cost?

You will not be charged for the re-ablement service.

If you then move on to a package of long-term Community Care support you may have to make a financial contribution to the cost depending on your means. Staff will help you complete a financial assessment to work out how much, if anything, you will pay.

Personal care is free of charge to those over the age of 65. The financial assessment is also an opportunity for you, if you wish, to have a benefits check to make sure you are receiving all the allowances you are entitled to.

For more information:

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the *MORAY* council

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