

# Reablement



A service that helps people live independently, provided in the person's own home, focusing on a person's strengths to promote and maximise independence and wellbeing. It rebuilds confidence after a spell of illness, deterioration in health, an injury, a hospital admission or an acquired disability. Typically support lasts for up to six weeks.



## The challenge

- Patient flow through acute hospitals
- People who no longer require hospital care, residing too long in an acute bed
- Functional decline following an episode of ill-health or hospital stay
- The 'do to' traditional approach to home care.



## The service

The service supports people to do things for themselves in their own homes. It is a 'doing with' model, in contrast to traditional home care which tends to be a 'doing for' model. **Reablement services help people to retain or regain their skills and confidence, enabling them to continue to live as they wish** in doing ordinary activities like cooking meals, washing, dressing, moving about the home and going out.



## The impact

- ▶ **Removes practical and emotional barriers** to a timely discharge from hospital
- ▶ Reduced likelihood of **readmission to hospital**
- ▶ People feel **well supported** and **less anxious**
- ▶ People **regain their independence**
- ▶ Reduce the likelihood of **requiring ongoing care or residential care**
- ▶ Can help to **reduce the amount of care the person needs** from carers and family
- ▶ **Improvement** in confidence, functional ability, mobility, independence and wellbeing
- ▶ For staff, this is a rewarding approach where improvements lead to a **feeling of real achievement**.

*"I cannot thank-you enough for your help and professionalism, your service has been fantastic."*

**Person supported**