



**Leeds**  
CITY COUNCIL



# Reablement

Helping you get your confidence back to live independently in your own home and local community



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**S**ometimes, due to an accident, illness or simply growing older, you may find you struggle with daily activities or feel unsafe in your home ...

A service called reablement is designed to help you regain the ability and confidence to do some or all of the things you used to – whether it's cooking for yourself, bathing without help or getting to the shops.

Reablement will help you get to the point where you can look after yourself better and remain independent in your own home for longer.

It's not about doing things *for* you.

It's about giving you the skills and confidence to get back to doing everyday tasks and activities yourself – in a way that is realistic and safe.

## What does reablement involve?

Reablement means different things for different people – it all depends on your individual situation.

For example, it might mean we work with you to:

- practise daily activities like cooking and bathing to help you regain skills and get your confidence back
- find new ways to do some things so that you feel safer and more confident
- look at what else might help (e.g. support to go out, personal alarms, home adaptations or other equipment, such as bath rails)
- involve your relatives and/or carers in helping you to live more independently – and discuss any support they might need.

There is more information on these different types of support on the following pages.

## Who is it for?

The reablement service is for anyone 18 or over who is eligible for social care and would benefit from reablement.

## Who provides the service?

Reablement is provided by specially trained staff, so if you're already using social care, this means that you may get support from some different people to those you are used to.

You can be confident that all staff are trained to provide an equal standard of excellent, high-quality care.

## How long does reablement take?

Reablement usually takes the form of a short, intensive period of support. This is because it's designed to help you get your independence back as quickly as is safe and practical for you.

But everyone's different. Your support will be tailored to suit *your* individual needs – so it's not possible to say exactly how long it will last. It will depend on your needs and what level of independence you've agreed that you want to achieve.

### How do I get reablement?

If you're already receiving social care support, speak to your care manager who will be able to advise you.

If you haven't used social care before, call Adult Social Care Customer Services on 0113 222 4401. You can do this yourself, or a friend, relative or health professional (like your GP) can do it on your behalf.

If you're eligible for support, a care manager will contact you. If you're in hospital a member of staff can help arrange this for you.

### Assessment

The care manager will talk with you about your daily life and anything you may be struggling with.

This is known as an *assessment*, and it helps you both get a better picture of what kind of support you may need.

Other professional staff may be involved in the assessment too. They will listen to what you want, talk with you about your needs and make sure you and your family have the right information to make choices about your future.

### Your plan

If it's agreed that you would benefit from reablement, staff will talk with you about the types of support available, and help put together a plan.

This plan will involve a range of care and support to increase your ability to live independently in your own home – and make sure you feel safe and confident there.

### Your goals

As part of the plan, we will agree a set of realistic goals, looking at what you would like to achieve, and by when.

These goals are unique to you and will vary depending on your individual circumstances.

For example, if you are used to being able to shower or have a bath by yourself, but haven't been able to do this since your illness or injury, one goal might be to regain this ability over an agreed period of time – perhaps with the help of some bathroom adaptations and a personal alarm just in case you feel unsafe or at risk of falling.

## What kinds of services does reablement include?

Depending on your needs or situation, reablement may include one or more of the following types of support ...

1

## Equipment and technology to help you live more independently at home

There are various kinds of assistive technology that can help you regain the confidence and skills to live independently in your home.

Here are some examples, but there are many more:

- a personal alarm
- a medication reminder
- gas, heat or movement sensors
- equipment to help you get in and out of bed, or manage more easily in the kitchen or bathroom (hoists, raised toilet seats etc)
- home adaptations e.g. handrails.



2

## Skills for Independent Living: intensive, short-term support

A new service is available to help maximise people's independence in their homes and communities.

This is a short period of intensive support provided by a team called Skills for Independent Living, or SkILs.

SkILs is for anyone 18 or over who is eligible for social care support and would benefit from reablement.

The team supports people to develop and practice daily living skills in their homes, like washing and bathing, cooking and cleaning, taking medication and using the phone.



They can also help you use equipment, adaptations and sensors if they have come as part of the reablement package.

During this period staff will work closely with you, talking with you regularly about how you're feeling, and how well you're responding to the support.

### 3

## Outreach: help with transport and getting out and about

This could include things like:

- helping you regain the confidence to get out to the shops or other local or city centre places – like banks, leisure centres and libraries
- helping you find out about – and take part in – community groups or other local activities
- support to participate in volunteer training or get voluntary work.

## What happens after reablement?



If reablement has worked well for you and you've managed to reach the goals set at the start, you may find you can manage very well on your own, or with a low level of help.

During the reablement period, we will discuss whether you might need some further support. If so, we will arrange a meeting to go through a self-directed assessment with you.

It's called that because it's led by *you* and will focus on your individual needs and goals.

The results of that will determine whether you are eligible for ongoing support – if that's the case, we will talk to you about the different options and what might work best for you.



## How to find out more

If you'd like more information about reablement, the best place to start is to speak to any staff who already support you, or your care manager if you have one.

They can help you, or find out more on your behalf.

Otherwise, call Adult Social Care Customer Services on **0113 222 4401** or email **[css@leeds.gov.uk](mailto:css@leeds.gov.uk)**.

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