

## Reablement

What is reablement?

Reablement, sometimes called enablement, is short-term support for people who need help to gain or relearn skills for day to day life. This might be help with washing, cooking, or dressing and might include learning new ways of doing things.

The service works by a reablement worker coming in every day to support you. The reablement worker won't do things for you but will encourage and assist you to do them yourself. For example, a reablement worker could teach you to prepare a meal if there has been a change that means you need to cook for the first time.

Most reablement services are limited to 6 weeks. After this time, if you still need support, you will be assessed for more permanent care services.

Some areas may also offer a local mental health reablement service. This support with mental health will focus on coping techniques, promoting social inclusion, building self-esteem and goal setting. Mental health reablement can refer to other support services. You may be referred to these services following an assessment by a social care or health professional.

## How do I get reablement?

If you think reablement would help you, speak to your local council. A lot of councils are choosing to offer reablement before they offer any formal care services, because so many people go on to need either no or much less care after a period of reablement services.

## Intermediate care

Intermediate care is quite similar to reablement. It supports people to recover and rehabilitate when they come out of hospital. You might also be offered intermediate care services to prevent you from going into hospital. The aim is to keep you as independent as possible.

Intermediate care can be provided as support in your own home or in a care home depending on local policy and your needs. It can be provided by care staff, occupational therapists and

physiotherapists, with additional support provided by your local GP surgery, social workers and community nurses.

## Personal health budgets

A personal health budget is the same as a personal budget, but it is to support your identified health and wellbeing needs, rather than social care needs. If you are eligible for one, your personal health budget will be planned and agreed between you and your local NHS team. The aim is to enable people with long-term conditions and disabilities to have greater choice, flexibility and control over the health care and support they receive.

