

## REGIONAL REABLEMENT SERVICE FOR NORTHERN IRELAND

### FREQUENTLY ASKED QUESTIONS

#### Regional Definition for Reablement

**Reablement** is a person-centred approach which is about promoting and maximising independence to allow people to remain in their own home as long as possible. It is designed to enable people to gain or regain their confidence, ability, and necessary skills to live independently, especially after having experienced a health or social care crisis, such as illness, deterioration in health or injury.

The aim of Reablement is to help people perform their necessary daily living skills such as personal care, walking, and preparing meals, so that they can remain independent within their own home.

**“Reablement will help you to do things for yourself rather than having to rely on others”.**

### FREQUENTLY ASKED QUESTIONS

<p><b>What is Reablement?</b></p>	<p>Reablement is a short term assessment and support service, lasting six weeks or less which helps you to do things for yourself rather than relying on others, such as washing and getting dressed. This will take place in your own home-setting.</p>
<p><b>What will the Reablement Service do for me?</b></p>	<p>The Reablement Service is made up of a Team including: Reablement Occupational Therapists and Reablement Support Workers who will support you to become independent in daily living activities such as:</p> <ul style="list-style-type: none"> <li>➤ personal care (washing, showering/ bathing);</li> <li>➤ getting dressed and undressed;</li> <li>➤ getting into and out of bed or chair;</li> <li>➤ toileting and promoting continence;</li> <li>➤ taking your medication;</li> <li>➤ meal preparation;</li> <li>➤ moving around your home;</li> <li>➤ social activities, such as luncheon clubs.</li> </ul>
<p><b>Is there a charge?</b></p>	<p>The Reablement Service is free of charge and is not means tested.</p>

## FREQUENTLY ASKED QUESTIONS

<p><b>Who can use the Reablement Service?</b></p>	<ul style="list-style-type: none"> <li>➤ If you are 65+ and requiring a support package (ie a Domiciliary Care Package) or need an increase in your existing support package to help you with your daily living activities; and</li> <li>➤ if you have experienced a crisis, such as illness, deterioration in health or sustained an injury.</li> </ul>
<p><b>How do I get the Reablement Service?</b></p>	<p>You must be referred to the Reablement Service by a Health and Social Care Worker (eg General Practitioner, Nurse, Social Worker) either on discharge from hospital or from your local Health and Social Care office.</p>
<p><b>What will happen when I am referred to the Reablement Service?</b></p>	<p>You will receive a visit from the <b>Reablement Occupational Therapist</b> who will carry out an assessment of your needs. This assessment will look at your daily living activities and will identify what you can and cannot do for yourself. From this a plan will be agreed with you.</p> <p>The <b>Reablement Support Workers</b> will then work with you to practice these daily living activities to help you regain independence and confidence. As you improve the length and frequency of the visits will be reviewed and reduced by the <b>Reablement Occupational Therapist</b>.</p>
<p><b>What is the difference between the Reablement Service and the Domiciliary Care Service/traditional Home Care?</b></p>	<p>The <b>Reablement Service</b> will help you regain or improve your daily living activities, support your independence and encourage you 'to do things for yourself rather than having to rely on others'.</p> <p>It is a planned and time-limited service lasting six weeks or less depending on your individual circumstances.</p> <p>The <b>Domiciliary Care Service/traditional Home Care</b> may be a longer term service than the Reablement Service. It provides ongoing support if you cannot live independently and if you need assistance with daily living activities. This service will be reviewed and reassessed and will continue for as long as you require it.</p>

## FREQUENTLY ASKED QUESTIONS

**What is the difference between the Reablement Service and the Rehabilitation Service?**

With support from the Reablement Occupational Therapist and/or Reablement Support Worker the **Reablement Service** will work with you to:

- (i) learn or re-learn your daily living activities;
- (ii) help you regain skills and confidence you have lost, to enable you to live as independently as possible at home.

Within the **Rehabilitation Service** the person may have a greater level of dependency and therefore require the support from additional services such as Physiotherapy, Speech and Language Therapy, Occupational Therapy.

**What happens when Reablement finishes?**

Many people can live in their own homes independently after Reablement. However, if you still have ongoing need you will be referred, by the Health and Social Care Worker dealing with you, to other services.