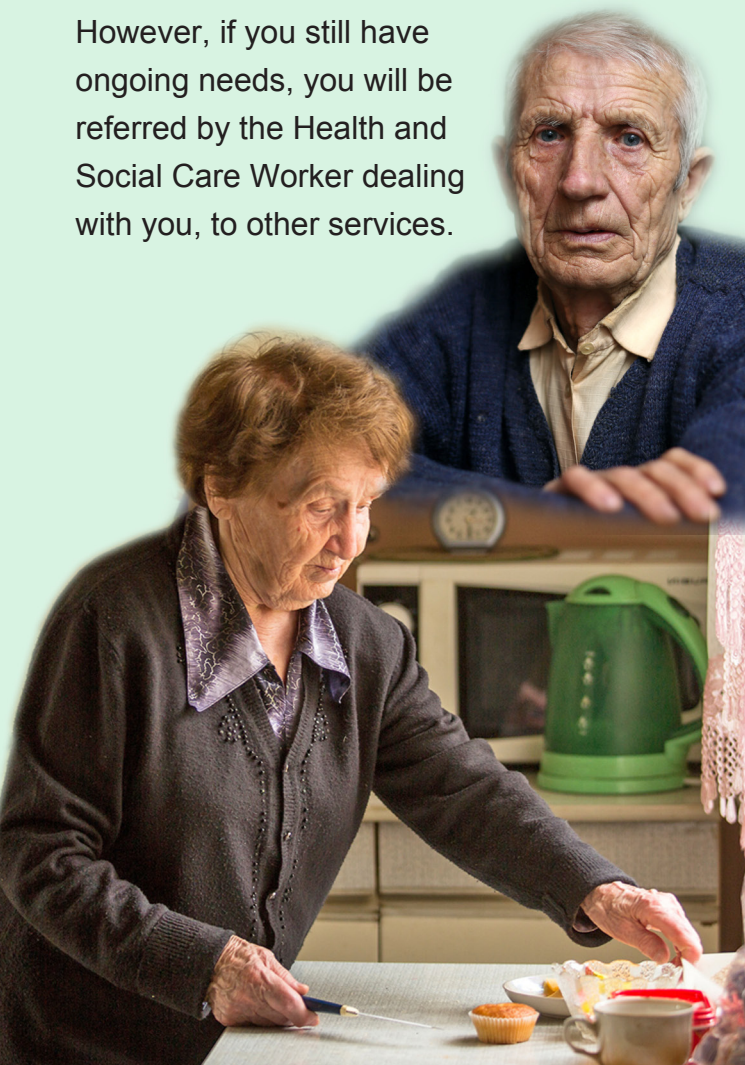


What happens when Reablement finishes?

Many people can live independently in their own homes after Reablement without the need for social care support.

However, if you still have ongoing needs, you will be referred by the Health and Social Care Worker dealing with you, to other services.



Contact Details:

Western Health and Social Care Trust

Reablement Teams are as follows:

Northern Sector,

Londonderry/Limavady

Spruce Villa, Gransha Park Clooney Road

Londonderry, BT47 6TF.

Tel: (028) 7186 4385

E-mail:

cityside.reablement@westerntrust.hscni.net

waterside.reablement@westerntrust.hscni.net

limavady.reablement@westerntrust.hscni.net

Southern Sector, Omagh Area

Holly Villa, Tyrone & Fermanagh Hospital,

1 Donaghane Road, Omagh,

Co Tyrone, BT79 0NS.

Tel: (028) 8283 5906

E-mail:

omagh.reablement@westerntrust.hscni.net

Southern Sector, Enniskillen Area

New Hope Centre, Erne Road, Enniskillen,

Fermanagh, BT74 6NN.

Tel: (028) 6634 2402

E-mail:

fermanagh.reablement@westerntrust.hscni.net

This leaflet can be made available in alternative formats if required.

Should you have any comments or feedback in relation to the Reablement Service do not hesitate to contact your local office. *(see details above)*



Health and
Social Care



Reablement Service

"Reablement will help you to do things for yourself rather than having to rely on others"

What is Reablement?

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. This will take place in your own home-setting.

What will the Reablement Service do for me?

The Reablement Service is made up of a Team including; Reablement Occupational Therapists and Reablement Support Workers who will support you to become more independent in daily living activities such as:

- personal care (washing, showering/ bathing);
- getting dressed and undressed;
- getting into and out of bed or a chair;
- toileting and promoting continence;
- taking your medication;
- meal preparation;
- moving around your home;
- social activities, such as luncheon clubs.

Who can use the Reablement Service?

You can use the Reablement Service if you are over 65+ years and:

- requiring a support package (such as a Domiciliary Care Package); or
- need an increase in your existing support package to help you with your daily living activities; and
- if you have experienced a crisis, such as illness, deterioration in health or sustained an injury.

How do I get the Reablement Service?

You can be referred to the Reablement Service by a Health and Social Care Worker, for example, your General Practitioner (GP), Nurse, Social Worker either on discharge from hospital or from your local Health and Social Care Office.



What will happen when I am referred to the Reablement Service?

You will receive a visit from the Reablement Occupational Therapist 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.

The Reablement Support Workers will then work with you to help and encourage you to practice these daily living activities. This will help you regain skills and confidence that you may have lost, to enable you to live as independently as possible.

As you improve the length and frequency of the visits will be reviewed and reduced by the Reablement Occupational Therapist.

