

# Support and Independence Team Reablement

## Welcome to the Reablement Team in Calderdale

You have received this leaflet because you may benefit from the Reablement service.

### This could be because:

1. You have been in hospital and may benefit from a short period of rehabilitation in your own home.
2. You are in the community and are struggling with your mobility/daily activities due to a recent deterioration in health.
3. You have spent a period of time in one of our Intermediate Care Beds and are now ready to return home, needing short term support to regain your independence.

Reablement is a therapy lead service that combines care support, provided by Calderdale Council, and therapy provided by the NHS. If you are currently unable to engage in therapy, then this is not the service for you.

The length of time you receive with our service is individualised. We offer **up to** a maximum of 6 weeks and **up to** 4 care calls per day. The support staff will re-enable you back to independence following guidance from the therapists.

If you are not able to regain independence within the 6-week time frame, a referral for a long term package of care will be made. A social worker would carry out a financial assessment for this. We will have these discussions with you at any point during the 6 weeks. If you are still with the reablement team after 6 weeks while awaiting a package of care, please note our service will then become chargeable.

### The calls we offer are:

**MORNING** - to support with washing and dressing, medication, meals, toileting and mobility.

**LUNCH** - to support with medication, meals, toileting and mobility.

**TEA** - to support with medication, meals, toileting and mobility.

**BED** - to support with washing and dressing, medication, toileting and mobility.

**Please note:** We do not have time specific calls. The Morning call is from 08:00-10:30, Lunch call; 11:15-13:00, Tea call; 16:00-18:30 and Bed call; 18:45-21:00.

We cannot accommodate specific time preferences due to the nature of our service.

## Rehabilitation:

You will be assessed by one of the therapists during the first few days with Reablement. Our team is made up of Physiotherapists, Occupational Therapists, Team Leaders and Reablement Assistants.

You will work with the support staff to engage in a therapy lead rehabilitation program to regain your independence. We will aim to reduce the care calls one at a time as you regain your independence. If you are unable to manage with reduced/no care calls, then a long term package of care will be discussed with you.

Therapy input can continue for the full 6 weeks even if care support is no longer needed. If you require further therapy input past 6 weeks, you will be referred to the Long Term Community Rehabilitation Service.

**Please note:** Our support staff are not carers; they are there to encourage you to do as much as possible for yourself to regain your independence. If all therapy goals are achieved and you are independent, you will be discharged from the service. If there are no goals to work towards and there is no engagement in therapy, you may be discharged before the 6 weeks.

## Things we can support with:

- Rehabilitation – exercises, stairs practice, outdoor mobility etc.
- Washing and dressing.
- Showering.
- Meal preparation.
- Medications.
- Working towards patient centred goals.

## Things we cannot support with:

- Household chores e.g cleaning, vacuuming, laundry etc.
- Shopping.
- Looking after pets.

**For further information please contact Gateway To Care on: 01422 393000**

**If you have any comments about this leaflet or the service you have received you can contact :**

Reablement Team at  
Gateway to Care

Telephone: 01422 393000

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"