

Supporting you to manage at home again

Community Reablement Service

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The Community Reablement Service is a short-term 'reablement' service delivered by the County Council's Occupational Therapists with our reablement care provider – ECL.

Reablement is the name we give to short-term support designed to help you keep or re-learn skills following a period of ill-health or if you are having difficulties caring for yourself. It could also help to improve your ability to manage independent living tasks at home and to get out and about in your community. Unlike traditional home care, where carers visit and complete tasks for you, ECL staff work with you to support you to learn or re-learn the skills you need for everyday life.

The service operates from 7am to 11pm, 365 days a year.

ECL will support you at home during the reablement programme. ECL is experienced in delivering reablement services and work very closely with our Occupational Therapists.

The Community Reablement Service is time-limited and provided free of charge for a period agreed with a member of the community reablement team. It typically lasts two or three weeks but may be shorter or longer.

The aim is to support you to do as much for yourself as possible. If you improve and you no longer require support or you are not able to make any further progress, the reablement programme will stop. It can also stop if you choose not to take part in the programme.

We want to make sure that you are able to manage as many daily living activities as possible without assistance. If you cannot manage important daily living activities after this short-term reablement programme, we will talk with you about what longer-term arrangements you require to support you.

Can I use this service?

If you live in your own home and have recently been experiencing difficulties carrying out daily living activities, our service may be able to help you.

These activities could be things like getting dressed, walking around your home, getting out and about, and being able to wash or make hot drinks and meals. This may be after a period in hospital or because you have not been coping as independently as you would like at home.

Will I have to pay for the service?

The Community Reablement Service is free for the period of reablement. At the end of your programme we hope you will be able to get on with life without any support.

What happens if I need support for longer?

If you need support for longer, an Occupational Therapist will review your needs with you. If you are eligible for funded social care support we will arrange an assessment with one of our benefits advisors to check whether you should pay towards the cost of any further help. The amount we may ask you to pay will depend on your personal circumstances.

A booklet called 'Do I need to pay for social care in my home or local community?' explains our charging scheme. You can get a copy of this booklet from our Adults' CarePoint by phoning 01243 642121 or emailing socialcare@westsussex.gov.uk. You can also find a copy on the county council's website under 'Adults' social care publications'

What happens?

If you are at home but not coping as well as you would like, a member of our community reablement team will visit and complete an assessment with you. You can discuss what you want to be able to do for yourself.

The community reablement team will work with you to agree what help you need. They will then arrange a programme of reablement support from ECL. The programme will help you remain safe at home and support you to continue with activities in your community.

A member of the community reablement team can also arrange for you to have equipment on loan to make things easier for you, for example, arranging for your normal sitting room chair to be raised or a grab rail to be fitted in places such as your bathroom, or by your front door.

If you have recently been in hospital and are having reablement support at home provided by the NHS, it may be identified that further reablement would help you be more independent.

If further reablement is required, the NHS professional will make the arrangements with the community reablement team to support your onward reablement journey.

Once your care has been transferred, a member of the community reablement team will visit you to agree the goals you want to work towards.

As you are able to do more for yourself they will assist you less. Throughout the reablement programme a member of the community reablement team will review your progress. If you need support after reablement, different options will be offered and arranged for you.

More information

For more information on the Community Reablement Service, please contact:

Adults' CarePoint

Phone: 01243 642121

Call using Relay UK: 18001 01243 642121 (from a textphone or the NGT Lite app downloaded onto a computer, tablet or smartphone)

Email: socialcare@westsussex.gov.uk

Website: [the Social care and health page](#) of the West Sussex County Council website.

Other formats

If you would like more copies of this booklet or you need this information in another format, for example on audio CD, in an easy read format or in another language, please contact us.