



# Visual Impairment Reablement

**This factsheet is about practical support to help you stay more independent at home when you are having difficulties, due to sight loss.**

## **What is Reablement?**

Reablement is about regaining skills and confidence to help you live as independently as possible. It is designed to help if you are struggling with every day tasks due to your sight loss. For example: making a hot drink without spilling, scalding or burning yourself.

## **Who can get Visual Impairment (VI) reablement support?**

Our Adult Deaf and Visual Impairment Service (ADVIS) works with adults aged 18 upwards and regardless of whether or not you are formally registered partially sighted, or blind. If your sight is significantly affecting your daily living activities, we may be able to help you. Relearning daily living skills, advice and small pieces of equipment may help you regain control of your life.

For children under the age of 18 contact **0300 500 80 80**.

ADVIS is a countywide team. We also provide reablement to people with a hearing loss or dual sensory. The team also has specialist social workers who carry out general care and support assessments and support plans, which could lead to a personal budget if you are eligible.

To get reablement from Nottinghamshire you must live in the county (except the city of Nottingham). The city have their own sensory team and for information about this you can call 0300 300 33 33.

## **How long will I get this support for?**

VI reablement is primarily short term support, usually 6-8 weeks. However, on occasions we do offer long term support for people.

## **Services from Queen's Medical Centre Hospital, Nottingham**

This is a service provided jointly by Nottinghamshire County Council and Nottingham City Council. It is based in Eye Outpatients Department and has been established since 1996. It is staffed by a qualified Eye Clinic Liaison Officer (ECLO) who gives information and advice to patients whilst at the hospital. The ECLO will refer patients onto Local Authority services or sign post them to appropriate agencies that can help.

## **What does the VI Reablement service do?**

- Visit you to discuss the kind of support you need and how we can help you.
- Give you advice on how to relearn practical daily living tasks.
- Provide you with small pieces of equipment to help you on a daily

basis. Some equipment is free, or we can give you advice on where to purchase equipment yourself. Sometimes we can offer equipment on loan before you purchase to make sure you are investing in something you will make use of.

- If after our time with you it becomes clear that you need other services, we will signpost you to other Local Authority teams for an assessment, or signpost you to an appropriate voluntary or private sector agency. For example: befriending services, visual impairment specialist counselling, voluntary transport, etc.

### **Some of the things we do**

- Give you advice on how to safely pour a hot/cold drink to avoid over-spilling, scalding or burning yourself.
- Re-learn daily living skills. For example: meal preparation, tips on how to safely peel and chop vegetables, how to effectively use a microwave, as opposed to using an electric or gas oven, as this is much safer.
- We can mark up dials on your household appliances to help you use these independently.
- Give you advice on lighting, how to avoid glare (especially sunlight) and colour contrast around your home.
- Develop mobility skills to aid independence both indoors and when going out.
- Communication skills such as Braille and other forms of daily activities such as reading.

- Give you information on other services for example; Guide Dogs and Talking Books.
- Give you information to help you understand your eye condition and how you can adjust to everyday life with sight loss.
- You may be affected emotionally by sight loss, whether the loss is sudden or gradual, and we can offer you advice on where to get help with this.
- We can help your carer, or family/friends, to understand your loss and give them advice on how to help you.
- Give you advice on where to go to get information on employment, education, training, benefits, leisure activities and travel.
- Simply offer you a listening ear.

### **Specialist Deafblind reablement**

We have staff who are specialists in providing reablement to adults with a combined sight and hearing loss. This avoids you having to see two people from our team.

### **How do I get registered sight impaired (partially sighted) or severely sight impaired (blind)?**

Go to your GP and ask to be referred to your local hospital eye clinic for a medical assessment by a Consultant Ophthalmologist.

Nottinghamshire County Council holds a register for visually impaired people in the county and we are sent a copy of your **“Certificate of Visual Impairment”** (CVI) when you are registered at the hospital. ADVIS staff will then make contact with you to ask you if you agree to the registration, or

not. If you do, we will issue you with a registration card as proof of registration. We will also ask if you wish to have a home assessment to look at your daily independent skills.

## **What are the benefits of being registered?**

- Blind person's personal income tax allowance
- Personal Independence Payment (PIP) previously known as Disability Living Allowance. Some people who are under 65 may qualify for higher rate mobility component. You need to contact the Department of Work and Pensions to get further information.
- 50% reduction on your television licence fee.
- If you are registered severely sight impaired (blind) you will automatically qualify for a Disabled Blue Badge and ADVIS staff can fast track applications via our Customer Service Centre on your behalf.
- Free NHS eye tests for anyone aged 60 or over.
- Discounted rail travel.
- Leisure concessions.
- Local Bus Schemes.

## **Reviewing your support**

Your reablement support is constantly reviewed to see if you need longer term support. If it is agreed you do, staff will arrange for referrals to be made to other departments, for example, an Occupational Therapy or care and support assessment. This gives you the opportunity to:

- discuss your long term needs

- agree on necessary support

If this assessment shows that you are eligible for a long-term service from Nottinghamshire County Council and we offer you a personal budget to meet your needs, we will have to do a financial assessment to see how much, if anything, you will need to pay towards your personal budget.

## **How much will I have to pay?**

There is no charge for ADVIS reablement support. However, you may need to consider paying for some equipment yourself if this is of benefit to you being more independent.

To find out more, or to arrange an assessment:

## **Contact us**

**Telephone: 0300 500 80 80**

If you are unable to telephone yourself, someone can telephone on your behalf.

**Email: [enquiries@nottsc.gov.uk](mailto:enquiries@nottsc.gov.uk)**

**Website: [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)**

**Minicom: 01623 434993**

## **Out of hours (emergencies only)**

If you have a social care emergency (evenings, weekends and public holidays) please do not hesitate to contact us on the number below. If you get an answer-phone, please leave a message and your call will be returned within 30 minutes.

**Telephone: 0300 456 4546**

## **Communication support**

ADVIS staff are trained in a variety of communication skills. However, if you need a language interpreter to assist the

assessment process, the council will be able to arrange this.

## **Other useful support**

Nottinghamshire County Council can provide other support to help you live as independently as possible. For more information, or to arrange a care and support assessment, phone **0300 500 80 80** or visit our web page below.

[www.nottinghamshire.gov.uk/care/adult-social-care](http://www.nottinghamshire.gov.uk/care/adult-social-care)

## **Other useful organisations**

### **Visual Impairment**

- Guide Dogs  
[www.guidedogs.org.uk](http://www.guidedogs.org.uk)
- Royal National Institute for the Blind (RNIB) & Action for Blind People (AFBP) [www.rnib.org.uk](http://www.rnib.org.uk)
- British Telecom Free Services  
[www.bt.com](http://www.bt.com)
- ic (Visual Impairment equipment)  
[www.icswretail.co.uk](http://www.icswretail.co.uk)
- Cobolt (Visual Impairment equipment) [www.cobolt.co.uk](http://www.cobolt.co.uk)
- My Sight Nottinghamshire  
[www.mysightnotts.org.uk](http://www.mysightnotts.org.uk)
- Edward Marcus (Visual Impairment equipment)  
[www.edwardmarcus.co.uk](http://www.edwardmarcus.co.uk)

### **Deafblind**

- Deafblind UK  
[www.deafblind.org.uk](http://www.deafblind.org.uk)
- SENSE  
[www.sense.org.uk](http://www.sense.org.uk)

Please phone **0300 500 80 80** or email [enquiries@nottsc.gov.uk](mailto:enquiries@nottsc.gov.uk) if you require this factsheet producing in a different language or format.