



# Reablement: short term practical support to help you stay independent at home

## What is reablement?

Reablement is about regaining skills and confidence to help you live as independently as possible. It is designed to help you if you are struggling with everyday tasks at home such as getting dressed or getting about your home.

Reablement support is given by our Short Term Assessment and Reablement Team (START) who will help you to do as much as you can for yourself.

The START service will work with you to decide what support you need and agree goals for you to work towards. Most people who complete START reablement will not need an ongoing package of home care. Reablement is most successful when people are fully committed to working with the service.

## Who can get reablement support?

Different people can benefit from reablement support:

- older or disabled people who feel vulnerable and less confident doing things around the home
- people who have had an accident or illness that has caused them to lose the ability to do the things at home they used to do.

You must live in Nottinghamshire (excluding the City) to get reablement from Nottinghamshire County Council. If you live in the City of Nottingham telephone the Health and Care Point Hotline on 0300 300 333

## What does the START service do?

- visit you to discuss the kind of support you need and how we can help you
- agree the support we can offer you in a support plan
- work with you to help you achieve what's been agreed in your plan.

To help you achieve your goals the START staff may:

- suggest doing things in different ways to how you have done them in the past
- offer small items of equipment to make tasks easier
- let you know about other kinds of help you could get and different ways you can pay for it.

## How much will I have to pay for reablement support?

There is no charge for reablement support. However, if you have progressed as far as possible with your reablement and are assessed as needing ongoing care and support, these services are chargeable.

## How long will I get this support for?

Reablement is a short-term, time-limited service which may last from a few days to a few weeks. The progress you make will help us to understand whether you have any ongoing care and support needs.

## Reviewing your support

Your progress will be regularly reviewed and support will reduce as you become more independent.

When you have progressed as far as possible, your support will stop and you will be discharged from the START service. In all cases, discharge from the service will be planned and discussed with you and you will be given notice before the service ends.

If ongoing support needs are identified during your time in START, you will be offered a care and support assessment. This gives you the opportunity to discuss your longer term needs in more detail.

If this assessment shows that you are eligible for long term support from us we will offer you a personal budget. This is money we agree with you that will meet your personal care and support needs.

We will also do a financial assessment to see how much, if anything, you will need to pay towards your personal budget.

## Other useful support

We provide other support to help you live as independently as possible including:

- **Nottinghamshire Help Yourself:** [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)
- **meals at home**
- **occupational therapy:** equipment and adaptations
- **assistive technology:** a range of sensors in the home are linked to a 24 hour monitoring centre. This allows people to have constant care but remain independent in their own home.

See the contact information below to find out more about all our services.

## Contact information:

Phone: 0300 500 80 80

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

Website:

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

Minicom: 01623 869598

Emergency Duty Team: 0300 456 4546

Mon – Thurs: 5pm – 8.30am

Operates 24 hours at weekends from 4.30pm on Fridays to 8.30am on Mondays.

Operates 24 hours during all public holidays.

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<https://www.nottinghamshire.gov.uk/global-content/privacy>