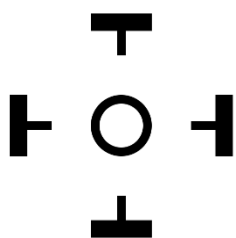


# Maximising Independence



This easy read tells you about the Maximising Independence Service (MIS).



MIS gives people short-term support to help them build confidence, develop daily living skills and live more independently.



This service is part of Adult Social Care.



The service gives early help to improve people's everyday life and wellbeing.



Support is strength-based and built around what matters to each person. Strength based means it looks at what you are good at.

## What does the service help with?



The service helps people to:



- Build confidence and daily living skills.



- Learn new skills or improve skills you already have.



- Set and work towards short-term goals.

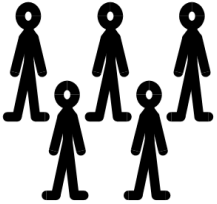


- Become more independent at home and in the community.



- Access information, advice and guidance alongside short-term practical support.

## Who gives the support?



Different teams give short-term, early-intervention support depending on a person's needs.

## Reablement Teams



Reablement teams give short-term support at home.



Their goal is to help people get their independence and skills back.



Referrals to MIS often come from hospitals after discharge, or referrals come from the community, through the customer service centre.

# Enablement Teams



Enablement teams give short-term support to help people live independently at home.



This can include:



- Guidance for carers.



- Support to build independence.



- Equipment and home adaptations.



- Assistive technology.

## Community Development Team



Community Development Workers help people to:



- Connect with local community groups.



- Access support and activities.



- Improve independence and quality of life.

## I-Work Team



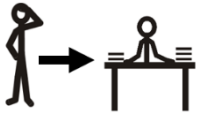
Employment Inclusion Specialists support people with learning disabilities and autistic people to move towards employment.



They help people to:



- Prepare for work.



- Find a job.



- Stay in your job through ongoing support

## What we want to do



We aim to:



- Help to make people more independent and confident by focusing on people's strengths. This means focusing on what you are good at.



- Give professional guidance where needed.



- Give the right support and information at the right time.



- Offer early support to reduce the need for ongoing care.



- Support safe and timely returns home after hospital stays.



- Reduce the risk of someone having to go back into hospital.



- Give people a simpler service with less moving between teams.

## Real Stories



Watch stories from people who have used the Maximising Independence Service.



Find the videos linked below:

[Maximising Independence Service:](#)

[Supporting People to Live Independently](#)

[Maximising Independence Service: Shane's Story](#)

[Maximising Independence Service: Bill's Story](#)

[Maximising Independence Service: Emma's Story](#)

[Maximising Independence Service: Ash's Story](#)

## Customer Service Centre



Our Customer Service Centre can answer most of your questions and help with information and form filling.



There are several ways to contact them, including:



**Web:** [Use our online contact form](#)



**Telephone:** 0300 500 80 80



**Text Relay:** 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).



**Sign Video**

People who use British Sign Language to

communicate can use [the SignVideo app](#) to speak with us.



Phone 0300 500 80 80 if you need the information in a different language or format.

## Links in this document

### **Maximising Independence Service: Supporting People to Live Independently**

[youtube.com/watch?v=crnPPNhecvc](https://youtube.com/watch?v=crnPPNhecvc)

### **Maximising Independence Service: Shane's Story**

[youtube.com/watch?v=viGWiWLus5o&t=14s](https://youtube.com/watch?v=viGWiWLus5o&t=14s)

### **Maximising Independence Service: Bill's Story**

[youtube.com/watch?v=bUGvFzufPyY](https://youtube.com/watch?v=bUGvFzufPyY)

### **Maximising Independence Service: Emma's Story**

[youtube.com/watch?v=4RK\\_ER8Lcec](https://youtube.com/watch?v=4RK_ER8Lcec)

## **Maximising Independence Service: Ash's Story**

youtube.com/watch?v=Jsyq3NeM7PQ

## **Nottinghamshire County Council – contact us form**

nottinghamshire.gov.uk/contactform

## **Relay UK app**

relayuk.bt.com/how-to-use-relay-uk/download-app.html

## **SignVideo app**

signvideo.co.uk/download

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For the standard English web page version of this information, go to:

[Maximising Independence Service | Nottinghamshire County Council](#)

<https://www.nottinghamshire.gov.uk/care/adult-social-care/help-living-at-home/maximising-independence-service>

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