

# Reablement



This easy read tells you about reablement- short-term practical support to help you stay independent at home.

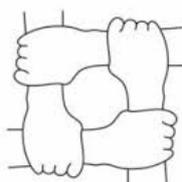
## What is reablement?



Reablement is getting skills and confidence back to help you live as independently as possible.



Reablement is to help you with everyday tasks such as getting dressed or moving around in your home.



Reablement support is given by our Short-Term Assessment and Reablement Team. This team is called START.



START will work with you to decide what help you need and make goals for you to work towards.



Most people who do reablement with START will not need home care longer term.



Reablement works best when people work with START as well as they can.

## Who can get reablement support?



All sorts of different people can find reablement useful, such as:



- Older people and disabled people who feel vulnerable and less confident doing things at home.



- People who have had an accident or illness which has meant they can't do the things they used to.



- You must live in Nottinghamshire, not Nottingham City, to get reablement support from Nottinghamshire County Council.



- If you need reablement support but live in Nottingham City, you can phone the Health and Care Point Hotline on 0300 300 333.

## What does the START service do?



- Visit you to talk about the support you need and the ways we can help you.

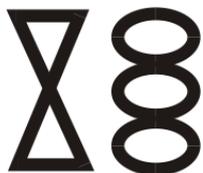


- Agree the support we can give you in a support plan.



- Work with you to help you achieve what we agreed in your plan.

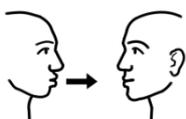
## The START service can help you reach your goals by:



- Suggesting doing things in different ways to how you might have done them before.



- Ask if you want small items of equipment to make tasks easier.



- Tell you about other kinds of support you could have and ways you can pay for it.

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



Reablement support is free.



If you have been assessed as needing long-term support, you will need to pay towards this.

## How long can I have reablement support?



Reablement is short-term, time-limited support which can last between a few days and a few weeks.



The progress you make during reablement will help us to understand if you need ongoing care and support.

## Reviewing your support.



Your progress will be reviewed regularly, and you will get less help as you become more independent and able to do things for yourself.



When you have made as much progress as you can with reablement, your support will stop, and you will be discharged from the START service.



We will talk to you about discharge from the service and it will be planned.



Discharge means you won't get any more support from START.



If you need support longer term, you will be asked if you want a care and support assessment.



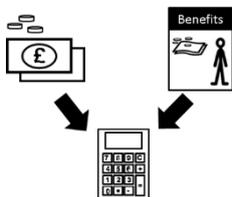
This assessment will give you a chance to talk about your longer-term needs.



If the assessment shows that you can get longer term support from Nottinghamshire County Council, we will offer you a personal budget.



A personal budget is money we can give you to meet your care and support needs.



We will also do a financial assessment. This means we will look at the money you have and see how much, if anything, you will need to pay towards your care.

## Other useful support



There is other support we can give you to help you live as independently as you can, such as:

nottshelp  
yourself  
.org.uk

- [Notts Help Yourself](https://www.nottshelpyourself.org.uk)



- [Meals at Home](#)



- Occupational Therapy equipment and adaptations.

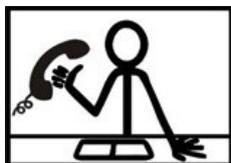


- [Assistive Technology](#), which is sensors in your home that are linked to a 24-hour monitoring centre.



This means people can have constant care but still stay in their own home.

## 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.

## **Links in this document**

### **Reablement**

[nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/reablement](https://nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/reablement)

### **Notts Help Yourself**

[nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page](https://nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page)

### **Meals at Home- easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/county-kitchen-meals-on-wheels-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/county-kitchen-meals-on-wheels-easy-read)

### **Assistive Technology- easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/technology-assisted-care-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/technology-assisted-care-easy-read)

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

[nottinghamshire.gov.uk/contactform](https://nottinghamshire.gov.uk/contactform)

## **Relay UK app**

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

## **SignVideo app**

signvideo.co.uk/download

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

[Reablement factsheet | Nottinghamshire County Council](#)

<https://www.nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/reablement-factsheet>

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