

# Reablement Service

## Overview to ASH

# Reablement Service

## What is reablement?

- Reablement is a short-term assessment and support service that helps you to do things for yourself rather than relying on others, such as washing and getting dressed.
- The support will take place in your own home.
- The support workers work alongside the person while they regain skills and confidence so they can get back to doing things for themselves. The aim is to maximise independence supporting individuals to carry out tasks – doing tasks ‘with you’ not ‘for you’.
- Reablement is one of several short term support involving NHS and social care services. Intermediate Care is the title given to all these services.



# Reablement Service

## Why?

- The Council has a duty to prevent, reduce or delay needs for care and support (Care Act 2014 s2) for all adults including carers. In practice, this means early intervention to prevent deterioration and reduce dependency on support from others. Reablement is one of the ways the Council can fulfil this duty.
- The Care Act regulations requires that the Council must provide reablement support free of charge for a period of up to six weeks. This is for all adults, irrespective of whether they have eligible needs for ongoing care and support.
- Reablement may be used to support discharge from hospital, prevent readmission or enable an individual to remain living at home.

# Reablement Service

## Who can access the service?

- Adults aged 18 or over.
- Referral criteria – Where a need has been identified individuals will be referred following an assessment via a Health or Social care professional.
- Support can be provided free and tailored to the individual, this could be from a few days or up to a maximum of 6 weeks and is dependent on their progress. This may be available if they have reablement –
  - A temporary illness/accident
  - A crisis
  - A change in circumstance relating to the individual or their carer
  - To avoid unnecessary hospital admission



# Reablement Service

## How we deliver the service?

- **Team:** The Reablement team consists of A Manager, A Deputy Manager, Four Coordinators, An Assistant Coordinator, 37 support workers and 3 seniors who are all dedicated and work alongside individuals to promote their independence.
- **Visits:** 1- 4 times per day.
  - We can sign-post to other services such as welfare rights, community groups and befriending services so when an individual leaves Reablement they have a support network to help them remain at home and not feel isolated.
  - The seniors have undertaken PACE training and will assess and order low level equipment to aid independence
- **Review progress:** The seniors hold regular reviews with individuals to ensure they are on track to achieve their goals and adjust the support plan accordingly.
- **Discharge:** Discharge plans and end dates are agreed with individuals.

# Reablement Service

## Activity and Performance.

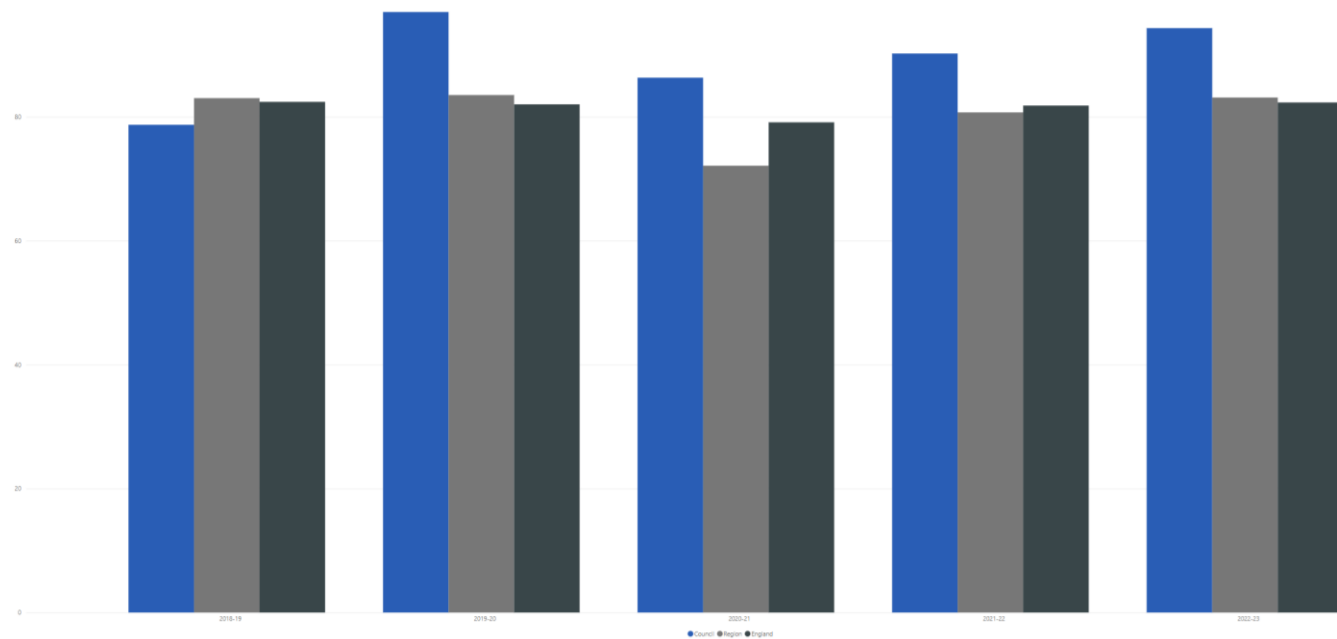


### Metrics:

- Between April 2023 – March 2024 we supported 591 individuals, and of these 75.63% were independent on leaving the service.
- Proportion of older people (aged 65 and over) who were still at home 91 days after discharge from hospital into reablement/rehabilitation services. Stockton on Tees have consistently performed better than regional and national averages over the past 4 years.

### Quality:

- CQC – Good (assessed May 2021 and reviewed June 2023).



# Reablement Services

## Activity and Performance.

### Reablement Nomination 2024/25

- Reablement have successfully been shortlisted for the Regional British Care Awards
- (Northeast and Scotland) for the categories of;
  - Team Award - shortlisted down to the top 8 out of around 100 nominations, we were the only local authority provider to reach this stage
  - Newcomer to Care
  - Coordinator
  - Care Manager
- The finals will be held on 7 November 2024.

# Reablement Service

## Feedback about our staff

“I have been astounded by the support I received, which has been applied with compassion, understanding and gave me advice and practical guidance which made a difference to my recovery.”

“My experience of the team completely exceeded my expectations. The emotional support has allowed me to express my emotions without reservation.”

“The staff kept me focused and positive which could have otherwise felt very bleak.”

“Staff involved me in all decisions about my support “

“Every effort is taken to ensure I can manage tasks independently.”

“Staff allowed me to be as independent as possible, suggesting ways to use equipment to achieve this.”





# Reablement Service

## Client feedback

Reablement also supported another person who wrote; “the service is client based which is amazing, they did exactly what I required to make sure the service fitted my needs, and the senior assessed me for some equipment to help me.

The support workers were patient with me while I was relearning things which I had lost.

As I got better, my support was changed to support me with outdoor mobility.”



# Reablement Service

## Future

- **Demographics:** The total population in Stockton-on-Tees is 196,600 (source: ONS 2021) a rise of 2.6% since the 2011 census, however, this is lower than the overall increase for England (6.6%). The population in Stockton-on-Tees is estimated to rise to 200,444 by 2030. Population projections up to 2030 show that there will be a consistent increase in the population of people aged 65 and over in Stockton-on-Tees, in particular with people aged between 65 to 69 and 80 to 84.
- **Projected service demands:** Both the residential and nursing care population in Stockton on Tees is projected to grow by 10% over the next 5 years using data supplied by “Projecting Older People Population Information (POPPI, a system is developed by the Institute of Public Care designed to help explore the possible impact that demography and certain conditions may have on populations aged 65 and over.) Our local market assessment for residential provision, indicates growth will be significantly lower, however, acuity, length of stay and use of short term assessment beds to support hospital discharge will impact on our ability to support people to independence.

# Reablement Service

## Powering our Future

### MT03 – Reablement Review

- Project Proposal signed off by POF Board in June 2024:
- Phase 1 - Commissioned D2A to be brought in house by 07 October 2024  
Pilot assessment of Activity Monitoring Technology by December 2024
- Phase 2 - Revised model of reablement to accommodate support for people in the community and greater numbers of people being discharged from hospital. April 2025.  
  
Revised model of reablement to accommodate people with a mental Health need, autism or Learning Disability.