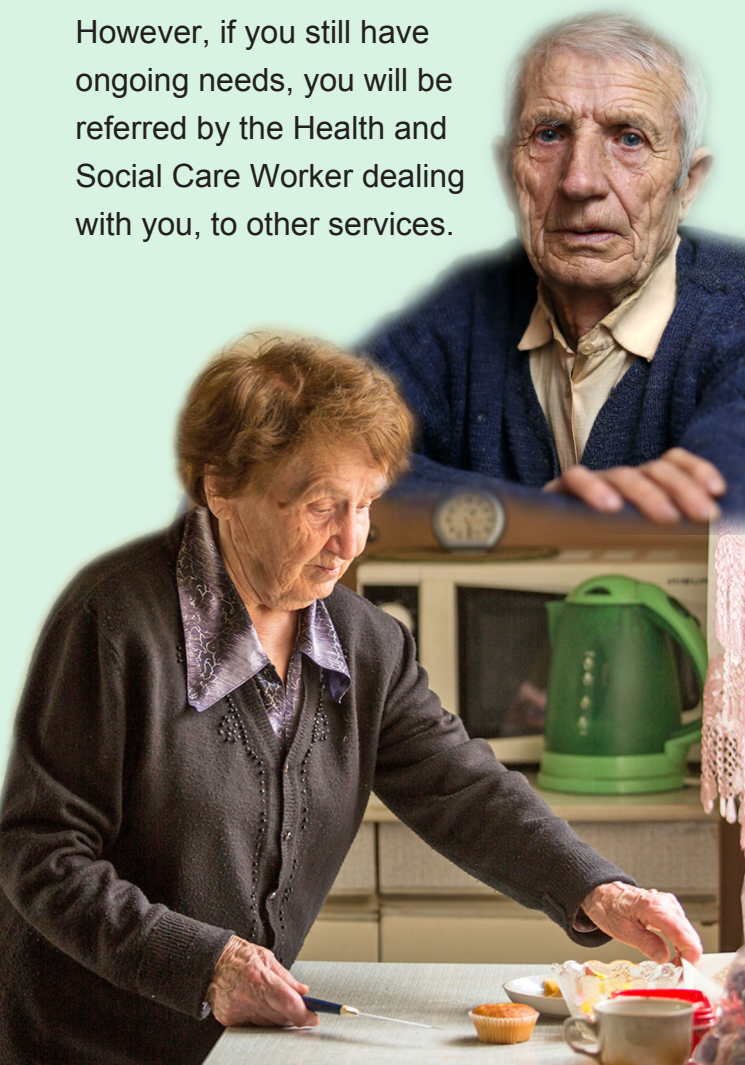


What happens when Reablement finishes?

Many people can live independently in their own homes after Reablement without the need for social care support.

However, if you still have ongoing needs, you will be referred by the Health and Social Care Worker dealing with you, to other services.



Contact Details:

South Eastern Health and Social Care Trust

Reablement Teams are as follows:

North Down & Ards Area

Finance Building
Ards Hospital
Newtownards BT23 4AS
Tel: (028) 91510250

Down Area

Ward 22
Domiciliary Care Services
1st Floor
Downshire Estate
Ardglass Road
Downpatrick BT30 6RA
Tel: (028) 44838278

Lisburn Area

Level 1
Lisburn Health Centre
Linenhall Street
Lisburn BT28 1LU
Tel: (028) 92633735

This leaflet can be made available in alternative formats if required.

Should you have any comments or feedback in relation to the Reablement Service do not hesitate to contact your local office. *(see details above)*

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Health and
Social Care



Reablement Service

"Reablement will help you to do things for yourself rather than having to rely on others"

What is Reablement?

Reablement is a short term assessment and support service, lasting six weeks or less, which helps you to do things for yourself rather than relying on others. This will take place in your own home-setting.

What will the Reablement Service do for me?

The Reablement Service is made up of a Team including; Reablement Occupational Therapists and Reablement Support Workers who will support you to become more independent in daily living activities such as:

- personal care (washing, showering/ bathing);
- getting dressed and undressed;
- getting into and out of bed or a chair;
- toileting and promoting continence;
- taking your medication;
- meal preparation;
- moving around your home;
- social activities, such as luncheon clubs.

Who can use the Reablement Service?

You can use the Reablement Service if you are over 65+ years and:

- requiring a support package (such as a Domiciliary Care Package); or
- need an increase in your existing support package to help you with your daily living activities; and
- if you have experienced a crisis, such as illness, deterioration in health or sustained an injury.

How do I get the Reablement Service?

You can be referred to the Reablement Service by a Health and Social Care Worker, for example, your General Practitioner (GP), Nurse, Social Worker either on discharge from hospital or from your local Health and Social Care Office.



What will happen when I am referred to the Reablement Service?

You will receive a visit from the Reablement Occupational Therapist who will carry out an assessment of your needs.

This assessment will look at your daily living activities and will identify what you can and cannot do for yourself. From this a plan will be agreed with you.

The Reablement Support Workers will then work with you to help and encourage you to practice these daily living activities. This will help you regain skills and confidence that you may have lost, to enable you to live as independently as possible.

As you improve the length and frequency of the visits will be reviewed and reduced by the Reablement Occupational Therapist.

