

Understanding the level of support

To ensure people get the right level of support, the Solihull Reablement Service will complete an assessment with the person.

Following an assessment, a reablement support plan will be agreed to meet the person's individual needs.

This will typically include a programme of short and focussed support to help them recover and to regain their independence at home and in daily living.

The assessment will also discuss whether the person would benefit from any daily living equipment, minor adaptations or gadgets that would increase their safety and independence.

What happens after reablement?

Following reablement most people will be able to live their life without any on-going care and support services.

However, some people may need support for a longer time. Where this is the case, a discussion will take place between the person and their social care worker towards the end of the reablement period to decide what happens next.

Find out more

For more information on the Solihull Reablement Service:

Visit <https://solihull.mylifeportal.co.uk>

Drop in to one of the Community Advice Hubs located at The Core (Solihull town centre) or Chelmsley Wood Library.

Call 0121 704 8007.

! If you need this information in an alternative format please get in touch **!**

Solihull Reablement Service

Whilst most people will recover after ill health, an injury or being in hospital without any extra support, some people may benefit from 'reablement'.

Solihull Reablement Service can help a person's recovery by supporting them to develop their existing skills or learn new skills that are necessary for daily living. This allows the person to remain as independent as possible at home and support them to be involved in the community.

The service is available seven days a week from 7am to 7.30pm and is delivered by Solihull Council and other partners on behalf of the Council.



What is reablement?

Reablement is a short period of rehabilitation, usually taking place in a person's own home, and is provided by a team of social care workers and occupational therapists.

Many people will only need reablement for a small amount of time, perhaps two or three weeks. In some cases the service may be extended up to six weeks, but only when there are clear achievable benefits for the person.



Who can access the Solihull Reablement Service?

The reablement service is available to adults over the age of 18 that ordinarily live in Solihull and who:

- Are physically and mentally well enough to start the programme of reablement.
- Have the potential to achieve task orientated goals within a time limited period.
- Understand that the length of the programme will depend on their individual progress.

Reablement is not appropriate for people who:

- Have a plaster cast or temporary brace that currently prevents progress from being made.
- Require palliative or end of life care.
- Are unable to understand and follow instructions even with the use of communication techniques and aids.

- Only need support with medication.
- Are experiencing acute mental health problems.
- Have significant physical disabilities which would prevent reablement taking place.
- Have substantial and on-going support already established which is not expected to change.

Reablement will end when the person:

- Can maintain the best level of independence possible.
- Decides not to continue with reablement or is unwilling to participate after reablement has started.
- Cancels reablement visits for more than 72 hours.