

## What do we expect from you?



- For our staff to be treated at all times with courtesy and respect
- For reasonable steps to be taken to minimise any risks staff may encounter whilst within your home
- Advise us as soon as possible if for any reason you will not be at home so your visit may be cancelled
- Tell us as soon as possible of any change in your personal circumstances that may affect the level or frequency of support you receive
- Provide us with feedback on our re-ablement service.

▶ **Should you require any further information** regarding our Re-ablement Service please phone **01506 775651** during normal office hours Monday to Friday.

West Lothian Community Health & Care Partnership  
[westlothianchcp.org.uk](http://westlothianchcp.org.uk)

Information is available in Braille, tape, large print and community languages.  
Please contact the Interpretation and Translation Service on 01506 280000

# Understanding Re-ablement in West Lothian



[westlothianchcp.org.uk](http://westlothianchcp.org.uk)

**NHS**  
Lothian

**West Lothian  
Council**

## What is re-ablement?

*Re-ablement is the name given to an approach we use in how we assess and support people. The intention being to provide initial short term intensive support in order to allow the individual to build upon their skills and abilities and in doing so become as independent as possible.*

## How does this differ from traditional social care?

Previously using a more traditional approach someone would visit you at home and carry out everyday tasks you were unable to do for yourself.

Using the re-ablement approach instead of carrying out tasks for you we will work with you in order for you to learn or re-learn how to do the sort of activities you need for everyday life. This may be for example helping you to become independent in meal preparation, using a particular piece of equipment, or personal care. The focus of the support will be determined by your needs and abilities.

## Who is re-ablement for?

This service is available to adults who reside within West Lothian who are assessed as being eligible for Community Care.

## How do I get re-ablement?

Depending on your circumstances you may be referred for re-ablement via a variety of sources. If you are in hospital for example you will be referred via the hospital discharge team. Alternatively if you are at home you may be referred via a social worker or health care professional.

## What skills and abilities do I need to develop?

A member of the re-ablement Team will work with you to identify what you personally would like to be able to achieve. Also taken into account will be any information which has been provided by professionals at the time of referral.

The information provided by yourself and others will be used to agree with you a

## How long will re-ablement last?

The length of time you have re-ablement will be determined by your needs and what is felt to be achievable.

Some people for example may only need re-ablement for a few days, in other instances it may require daily input for several weeks. However it should be noted a re-ablement programme is only ever short term the norm being up to six weeks. You can expect that during your re-ablement programme your progress will be assessed on an ongoing basis. This may mean the frequency of the support you receive throughout the duration of the re-ablement programme may change from time to time, this is perfectly normal.

## Will I need any special equipment?

Again this is determined on an individual basis. If it is suggested equipment may be of benefit in assisting you to undertake a particular task it will be made available with your agreement free of charge.

## What happens when my re-ablement programme comes to an end?

In some cases support may no longer be required.

However if this is not felt to be the case we will discuss and agree with you the level of care and support that needs to continue. In such instances we can put in place arrangements for your care and support to be delivered via an independent care provider. Alternatively you may request a direct payment which would enable you to purchase your own support. Further details on the latter can be obtained by contacting your local social work office.

## Is there a cost?

There is no charge for re-ablement, however continuing care in the community is means tested. Hence if you require ongoing care after you have completed your re-ablement programme social services will undertake a financial assessment to determine whether you are eligible to pay anything towards the cost of your ongoing community care.

