

Reablement Frequently Asked Questions

If viewing online then clicking on the question below will take you to the answer

Understanding Reablement

- [What is Reablement?](#)
- [What are the benefits of Reablement?](#)
- [Is there a link between Rehabilitation and Reablement?](#)
- [What is the link between Reablement Homecare and Personalisation?](#)

How it Works

- [Who is Reablement for?](#)
- [How long does Reablement last?](#)
- [How does it work?](#)
- [Who is part of the Reablement team?](#)
- [Will my family be involved in the Reablement process?](#)
- [What happens after the period of Reablement?](#)
- [What are the costs involved?](#)

General

- [What happens if my situation changes and I require more support?](#)

Understanding Reablement

Q: What is Reablement?

A: Reablement Homecare is a service that provides tailored support to you in your own home for up to six weeks. This service assists by building confidence and helping you to regain skills to do what you can and want to do for yourself.

The reablement service is a partnership between Social Work Services, Care Services, [NHS Greater Glasgow & Clyde](#) and NHS Greater Glasgow & Clyde Community Rehabilitation Service

Reablement Homecare is provided to most people who are referred from homecare support including those referred following hospital to ensure early support provided is tailored to individual need and builds independence where possible.

Reablement Homecare will also be considered when an individual's needs are reviewed and there is potential to build confidence and independence.

Q: What are the benefits?

A: Reablement has a number of benefits:

- Helps you to live in your own home for as long as possible, doing as much as you can for yourself
- Focuses on getting positive results for you
- Builds your confidence
- Allows ongoing support to be based on assessment of what you can do for yourself and what areas you require assistance
- Helps to ensure the team work effectively together to ensure positive outcomes for you

Q: Is there a link between Rehabilitation and Reablement?

A: Yes, Rehabilitation and Reablement services both assist you to regain skills and build your confidence. If you receive Rehabilitation at the same time as Reablement, both teams will work closely together to ensure follow on of rehabilitation goals by the Reablement Homecare staff.

Q: What is the link between Reablement Homecare and Personalisation?

A: Reablement Homecare is provided for most people who are referred for homecare support including those referred following hospital discharge to ensure support provided is tailored to individual need and builds independence where possible.

Following a period of Reablement Homecare, Social Work Services will review your individual needs under Personalisation if you are under 65 years of age or there is a need for a complex care plan – [more information on Personalisation](#). A homecare plan will remain in place for as long as this is required, until a Personalisation assessment and care plan is agreed.

How it Works

Q: Who is Reablement for?

A: You will receive reablement homecare if you are accessing homecare for the first time, either from a hospital referral or following an assessment of need at home. A period of reablement will also be appropriate if you have been in hospital and your needs have changed due to accident or illness. Reablement is initially aimed at people coming out of hospital.

Q: How long does Reablement last?

A: The reablement process lasts up to six weeks. For some service users, reablement may only be a week or two and for others it may be slightly longer than six weeks. Your needs are constantly being assessed and appropriate care plans put in place. Following reablement, if future care is required then this will be arranged.

Q: How does it work?

A: Dedicated teams work with you to agree a plan for the period of reablement and support you in working through your individualised plan. The reablement period can last up to six weeks. The process of reablement involves:

- **Assessment**

Reablement starts with an assessment of what you can do for yourself and what you would like to be able to do, or what you used to be able to do prior to a hospital admission or accident etc. Within reablement, assessment is an ongoing process as the carers work with you, your needs will continuously change.

- **Care Plan**

An Occupational Therapist or a Care Services homecare assistant manager agrees with you and your home carer, a plan for your reablement period based on your initial assessment.

The amount of care and support that you receive, during and after your period of reablement will depend on your needs and is likely to change accordingly.

- **Weekly Review**

The reablement team will review your progress each week and update the care plan in the diary, the care plan will be adjusted to meet your changing needs and to promote your regained independence.

The care diary is kept in your home so that you, your family and carers can keep track of progress being made, what goals are set and what the care plan is.

- **Final Review**

A final review is carried out at the end of the reablement period, at this point your progress and changes over the reablement period will be considered and a care plan organised for your ongoing needs if any.

Q: Who is part of the Reablement team?

A: The reablement team is made up of Social Work Services or Rehabilitation Service Occupational Therapist, Care Services Assistant Manager, Care Services Reablement Homecarers

Q: Will my family be involved in the process?

A: Yes, with your consent, it is most important that family and carers understand the reablement process so that they may encourage and support you to achieve your reablement goals.

Q: What happens after the Reablement period?

A: A final review is carried out at the end of the reablement period, at this point your progress and changes over the reablement period will be considered and a care plan organised for your ongoing needs, if any.

Q: What are the costs involved?

A: In line with current home care charging, under Free Personal Care, there is no charge for the Reablement service for anyone aged 65 and over. There may however be charges for other non-personal care services, for example, shopping.

For those under the age of 65, the standard home care charges will apply – see our [Social Care Charging Policy](#) for more information.

General

Q: What happens if my situation changes and I require more support?

A: A review of your needs will be carried out by the reablement team if your circumstances change. The reablement team aim to provide the right amount of support as your needs change