

# Self-directed support

## Reablement

Reablement is a short-term service, usually up to six weeks, for people who need support to live in their homes independently. The aim is to help you put in place the arrangements needed for you to get out and about and do the things you need to.

This fact sheet tells you more about reablement and how it works.



**To get more help**  
contact In Control.  
Tel: **0121 4745900**  
Email In Control  
[help@in-control.org.uk](mailto:help@in-control.org.uk)

**Find more fact sheets at:**  
[www.in-control.org.uk/factsheets](http://www.in-control.org.uk/factsheets)



**menap** The voice of learning disability This fact sheet was produced by In Control and Mencap as part of In Control and Me, a lottery funded project.  
[www.in-control.org.uk/icandme](http://www.in-control.org.uk/icandme)

## The basic facts

Most reablement services will involve carers who will work with you to help you do things for yourself again.

This could include things like:

- Getting washed and dressed.
- Managing bathing or showering.
- Shopping and preparing meals.
- Getting out and about.
- Making sure you are receiving all the benefits that you are entitled to.
- Looking at the needs of any family members or friends who are caring for you regularly.

Reablement can also involve providing you with any equipment or aids which will help you live more independently, for example:

- Aids to help carry out tasks in the kitchen, such as pouring the kettle or opening tins.
- Equipment to help you use the bath or toilet safely.
- Gadgets that help you remember things (such as taking medication).

These are just examples and reablement differs depending on what the person needs.

The first six weeks of any reablement service are free.

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## More information

Many people who have been in hospital are offered reablement when they are ready to go home. It can help people to regain daily living skills and become able to do things for themselves again.

Reablement works in different ways in different areas:

- In some areas, reablement is offered only to those people who meet eligibility for social care funding, but in other areas it is available for everyone.
- In some areas, it is only available for older people but elsewhere it is offered to anyone who needs support.

More councils are now offering reablement services to more people. This is because it has been shown to make a real difference in helping people do things for themselves again so they don't need to rely on social care.

## An example

Harry is an elderly gentleman who lives alone and has no family to support him. Following a stay in hospital, Harry was offered a reablement service. He needed help with personal care, preparing meals and taking his medication.

He had help to buy a microwave, replace his fridge and repair the heating system. He was put in touch with a local charity to provide a volunteer to help with his housework and had a pill dispenser, grab rails and fall alarm fitted. Friends from his local church collect him each week and have introduced him to a social club. He was referred for help to be re-housed but needed no ongoing service because he manages his daily life with the help of friends in his community.



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**There is a lot more information  
on the In Control website:  
[www.in-control.org.uk](http://www.in-control.org.uk)**

**More information is also available at:**

**Age UK**

[www.ageuk.org.uk](http://www.ageuk.org.uk)

Helpline – 0800 169 6565

**Counsel and Care**

[www.counselandcare.org.uk](http://www.counselandcare.org.uk)

Helpline 0845 300 7585

**Department of Health**

[www.csed.dh.gov.uk/homecarereablement](http://www.csed.dh.gov.uk/homecarereablement)

Your council may also be able to help and give information  
on what's happening in your area.

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**About the In Control and Me project**

A three-year project to produce accessible information for everyone who  
wants to direct their own support, funded by the National Lottery through the  
BIG Lottery Fund. You can find out more at [www.mencap.org.uk/incontrol](http://www.mencap.org.uk/incontrol) or  
[www.in-control.org.uk/icandme](http://www.in-control.org.uk/icandme)