

What is Accommodation Based Reablement?

This is a free service for people who have been assessed as being medically fit, but need extra help to build up their skills and confidence so they can return to their home safely and get back to leading independent lives sooner.

The service is provided in residential units that replicate as far as possible a home from home environment.

Specially trained staff will work with you in these surroundings to help you regain your skills - from making meals, housework and personal care, to walking and even helping you attend events in the community.

The length of time you will need the service will depend on how quickly you are able to manage and achieve a level of independence.

What will I be expected to do during my stay at the unit?

During your stay at the unit, we will continually work with you to assess how we can support you to return home or move to another suitable location.

Together, we will create a personal therapy programme for you, and we'll expect you to take part in putting it into practice as much as you possibly can.

This programme will be individually tailored but it could include the following:

- Improving your ability to manage personal care on your own
- Improving muscle strength, balance, stamina and mobility
- Being able to self-medicate if you are able to
- Building your confidence to carry out daily activities
- Improving your ability to carry out daily tasks such as laundry and cooking

I agree to this:
(Signature of service user)

Moving on

Home visits are sometimes arranged with you before you are discharged, this will determine if you need any equipment or further support arranged before you leave.

We will also help people connect with their communities. This could be with the use of technology, or tapping into existing help and support networks – from friends, families, local voluntary and community groups.

If you are identified as having longer term needs during this period, then we will talk with you about this and a Social Care Practitioner will assess you under the Care Act 2014. This assessment may take place once you are home.

If this assessment confirms that you need longer term support then your ongoing requirements will be means-tested. This means that you might be asked to make a contribution towards the cost of any support, dependent on your financial circumstances.

All options will be discussed fully with you at the time of the assessment. No changes will be made without your agreement and no charges will be applied without your knowledge.

Sharing of information

The success of Accommodation Based Reablement relies upon the close liaison and sharing of information between different health and care agencies in Norfolk and the surrounding areas. The Health and Social Care Act (Safety and Quality) 2015 sets a legal requirement for information to be shared between organisations where it helps with care for an individual.

If you are concerned about the sharing of information about your support needs then please talk to the hospital ward team or your social care practitioner.

Contact us

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