

Reablement

What is reablement?

Reablement is short-term care at home to aid recovery after discharge from hospital. It's sometimes called "immediate care" and helps patients re-learn daily skills for an independent lifestyle.

(Age UK)



What does it involve?

- Washing, dressing and domestic tasks
- Physiotherapy, occupational therapy and nursing care
- Connecting people with clubs/social activities
- Budgeting support and money management
- Transport provision where required
- Support in shopping or taking part in exercise
- Signposting to relevant charities and community groups



Why do we do it?

1. Helps people return home quicker
2. Focuses on user-defined goals
3. Promotes independence
4. Aims to reduce patients' need for healthcare services in the future

(Social Care Institute for Excellence, 2020)

