

Who can use the service?

Adults aged 18 and over who live in the Borough of Redcar and Cleveland areas, require support to live independently in their own home and have potential to improve.

Who is excluded?

People who have the following: advanced dementia; a moderate to severe learning disability; undergoing radiotherapy or chemotherapy treatment; people with end stage terminal illness will not benefit from this service.

How long does the Community Reablement Service last?

This will depend on individual needs, but it is a short-term intensive service which can last from a few days up to six weeks. Weekly reviews will take place with the person to monitor their progress, set goals and plan their discharge.

Is there a charge for the service?

No, the service is free of charge.

Contact

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Community Reablement Team

this is Redcar & Cleveland



Community Reablement Team

What does this service do?

If a person has lost some of their independence (perhaps due to a recent fall, illness or stay in hospital) and they are at a stage where they cannot manage without support then the Community Reablement Team can work with them to help to regain skills and build confidence to enable them to live independently at home.

What kind of support will be provided?

Support to become as independent as possible to:

- Get in and out of bed/chair/ commode
- Move around inside and outside the home
- Wash, bathe, and shower
- Dress and undress
- Access the toilet/commode and promotion of continence
- Empty catheter and stoma bags
- Prepare meals
- Self-administer medication
- Access community facilities e.g. shopping, paying bills, attending social events etc.
- Undertake domestic tasks.

An assessment will be undertaken by the Coordinator and the outcomes will be agreed with the person. If required, the Occupational Therapist or/and Physiotherapist will also undertake an assessment.

How does this service differ from home care?

In traditional Home Care, a care assistant visits and does the tasks for the person. In this service the staff will work with the person to achieve their desired outcomes by supporting them to learn (or relearn) how to undertake the tasks themselves.