Reablement: What is it and why is it important?

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Aims of presentation

• Have increased awareness of what reablement is

• Understand how reablement supports local and national developments

• Have an overview of current work and future challenges
Reablement: A definition

‘Services for people with poor physical or mental health to help them accommodate their illness or condition by learning or re-learning the skills necessary for daily living’

Care Services Efficiency Delivery (Department of Health)
Core Principles of Reablement

- **Person-centred**
- Improves quality of life
- Community rather than institution (hospital) based
- Focuses on strengths of the individual
- Improves or maintains physical & mental ability & independence
Reablement: Doing with, not doing for the person
Why reablement & why now?

National Context

• “Ageing population, medical and technology advances” (Department of Health)

• Policies: ‘Shifting Balance of Care’, ‘Adult Rehabilitation Framework’ ‘Reshaping Care for Older People’

• Reablement Services introduced in Edinburgh, Grampian, Stirling and Perth...
“A shift in balance of provision towards community based services”
“Support increasing numbers of older people to remain in their own homes”
“Increase the number of people with long term conditions who are supported to live at home”
NHS Clinical Strategy

• “Care should only be provided in a hospital setting if it cannot be provided safely and effectively in the community”

• “Reduce unnecessary patient journeys”
Reshaping Care for Older People – Change Fund

- To enable more older people to remain at home
- To increase levels of independence, self-care and self-managed care
- To reduce unplanned, emergency and inappropriate admissions to hospital
- To facilitate early discharge from hospital.
What are the benefits for our service users?

• “Promote a sense of wellbeing and confidence” (Department of Health)
  http://www.csed.dh.gov.uk/_library/Resources/CSED/CSEDProduct/Longit_Study_Final_Version__NEW_FORMAT_.pdf

• Allowed service users to “get back on their feet” (Evaluation of Edinburgh Services)
Local Example

- “Nice to be home”, “I feel safe here”, enjoying space, quiet, freedom and garden - “no place like home”

- Family reassured by technology and social care worker support in place to assist their relative to be safe and happy in her own home
How do we introduce and implement a reablement approach?

• Focus on strengths and abilities
• Work closely with the individual, their family and their community
• Be flexible and supportive in our approach
• Use of telecare technology to provide extra reassurance and safety
Examples of Telecare Technology

- Smoke detector
- Activity Detector x 2
- Pendant
- Extreme Temperature Sensor
- Flood detector x 2
- Wireless CO2 detector
- Enuresis sensor
- Fall detector
- Fall detector
- Medication dispenser
- Occupancy detector
- Lifeline “Connect”
Local Developments

• Montfield Services

• Positive Risk Taking Policy

• Training to all Social Care Workers in Care Centres and the Community

• Education and Awareness raising throughout Shetland
What more do we need to do?

- Support clients, their families and our communities in understanding the benefits of this approach
- Develop more flexible ways of working in the community
- Ensure appropriate supervision and support structures for staff
- Engage more fully with Voluntary Sector
Thank you

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