Reablement

Independent, safe and well

Most people want to live independently in their home and community, making their own decisions on care and support. We can provide information and advice to help you plan for the future. Reablement supports you to retain or regain your confidence and independence and remain involved in your local community. This may be after a stay in hospital, an accident or illness, or a change in your social circumstances.

How does Reablement work?

Reablement programmes are free of charge and last between a few days and a few weeks. The council’s Reablement team can support you at home to do things for yourself. The team will support you for a short time to maximise your independence by helping you learn or regain the skills needed for everyday life. Most people find that after their Reablement programme they can cope very well on their own, without the need for further care and support.

How will I be supported to increase my independence?

You will agree on goals to work towards with your Reablement support worker. The frequency and duration of your Reablement programme will be tailored to your needs. The majority of people using Reablement achieve their goals of independence. Your Reablement support worker may suggest you try carrying out some tasks in a different way and may suggest equipment you could purchase to help make day-to-day tasks easier.

“Reablement is brilliant, it has helped me to stay in my home with support until I don’t need it any more. Very grateful, thanks to all the staff.”
If you need a bit more help
Throughout your Reablement programme we will have a conversation with you about what you want to achieve in the future and provide information and advice on what options are available to you.

If ongoing support is necessary, a financial assessment will be carried out to work out if you have to pay for your care yourself or what level of contribution, if any, you will pay towards the cost of your care.

Many people find it helpful to use their wider network and family and friends to support them and there are lots of local organisations and voluntary groups available in your community. You can find out more online:

Cambridgeshire Online Directory:
www.cambridgeshire.gov.uk/directory

Peterborough Information Network:
www.peterborough.gov.uk/PIN

Contact us
Cambridgeshire County Council
Web: www.cambridgeshire.gov.uk
Email: careinfo@cambridgeshire.gov.uk

Peterborough City Council
Web: www.peterborough.gov.uk/PIN
Email: adultsocialcare@peterborough.gov.uk

My Reablement Team (to be completed by a social care or health professional)

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