Cambridgeshire County Council is committed
to providing high quality care and support

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Reablement
Living independently

Reablement is about helping you to do things for yourself rather than having things done for you. It is a programme of short term support tailored to your individual needs, to help you (re)learn the skills needed for daily living and maintaining your independence.
Many people find that after their reablement programme they can cope very well on their own, without the need for further care and support.

Review and progress
Your progress will be reviewed throughout your reablement programme and you may find that as you progress, the support you need may reduce.

If at the end of your programme you are assessed to have ongoing care needs, a package of support will be put in place for you.

Depending on your financial circumstances you may be asked to pay towards the cost of your support.

Equipment to aid independent living
Assistive Technology and Telehealthcare devices address challenges to everyday living. They may allow you to perform tasks you would otherwise be unable to do and/or increase the ease and safety with which you can do a task.

Equipment is available on loan for the duration of need, following an assessment.

A wide range of health and social care equipment can be provided, from simple pill dispensers to falls detectors, complex hoists and specialist mattresses.

If you take part in a reablement programme you may be offered equipment to help make daily living easier.