

## Your views

You will be asked to complete a satisfaction questionnaire at the end of your reablement period and we will use your comments to improve the service.

## Charges

In line with current home care charging, under Free Personal Care there is no charge for anyone aged 65 and over. There may however be charges for other non-personal care services, for example, shopping.

For those under 65 the standard Home Care charge will apply.

Where required, we can provide help to make sure that you are receiving all the benefits or financial support to which you are entitled.

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## Getting in Touch

Glasgow City Council Social Work Services is committed to providing high quality services that protect children and adults from harm, promote independence and deliver positive outcomes for the people of Glasgow.

For further information please contact  
North East Social Work Services  
400 Petershill Road  
Glasgow G21 4AA  
Phone 0141 276 4710 or  
alternatively phone Cordia  
on 0141 353 9270 or  
Out of hours 0141 276 2050.

For information on the other formats this leaflet is available in, please contact the Communications Unit on 0141 287 8722.

# Reablement

Supporting you with care  
that builds confidence

## What is a Reablement Service

Reablement is a service that provides care at home for up to six weeks, aimed at giving you the confidence to live in your own home for as long as possible.

Glasgow's Reablement service is provided by Glasgow City Council Social Work Services, in partnership with Cordia Home Care and NHS Greater Glasgow and Clyde.

## How it Works

The Reablement team will work with you for up to six weeks, helping you regain skills to do the things you can and would like to do for yourself. This might mean getting washed and dressed on your own or preparing your own meals.

Reablement starts with an assessment of what you can do and what you would like to do for yourself.

The assessment is carried out by an Occupational Therapist, who then agrees with you and your Home Carer a plan for your reablement. The amount of care and support you receive, during and after this time, will depend on how much you need.

The Reablement team will review your progress each week and update your plan. A final review is carried out at the end of your reablement period.

After the final review, the Reablement team will look at what ongoing care you need at home, if any, and they will organise this for you.

## Meet the Team

The **Occupational Therapist** carries out your initial assessment and is involved throughout your reablement. The occupational therapist also:

- works with you to agree a care plan based on the skills you can and want to learn or re-learn
- provides advice to home carers on your care plan
- keeps track of your progress and helps carry out reviews

The **Reablement Home Care Coordinator** is also involved in your initial assessment and makes sure that you have the right support and care. The coordinator:

- manages the home carers
- makes sure that your care diary is accurate
- provides the Occupational Therapist with details of your progress and works with them to review this

The **Reablement Home Carers** provide day to day support and will:

- work with you to help you regain the skills in your care plan
- keep the coordinator up-to-date on your progress

- fill out a progress report in your care diary

## Involving you and those around you

Reablement is based on you, on your abilities and on what you want to achieve.

Each week, the team will work with you, supporting you to do the tasks that will improve the quality of life you have in your own home.

Where appropriate, the team will also involve family and friends who provide support and care, to make sure everyone is working towards the same aim: helping you to live as independently as possible.

If you receive other support at home, for example rehabilitation services, the team will make sure that your plans and progress are shared, so that you receive the maximum benefit from all your services.