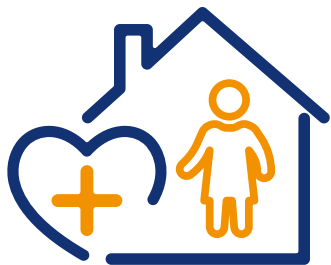




Barking and Dagenham Reablement

Making sure you have the care and support
you need to regain your independence.

**Barking &
Dagenham**



What is Reablement

Reablement is a care support service which helps people regain independence by learning or relearning skills to manage personal care, meals, and mobility, enabling them to stay at home.

Duration of Reablement

Reablement usually supports someone who is discharged from hospital or has a change of circumstances. It is an intensive period of care lasting between one day and six weeks, tailored to your progress, goals, and rehabilitation potential. Reablement is a free service. However, if you receive care after reablement ends, you may need to pay for part or all of any on-going care services. A financial assessment will be carried out to calculate this.

How Reablement works

Reablement begins with a referral from a health or social care professional. ECL, the organisation that provides reablement, on behalf of the council, will visit you at home to undertake a full assessment of your needs and agree your support plan.

This plan will involve a range of care and support to increase your ability to live independently in your own home – and make sure you feel safe and confident there. As part of the support plan, you will agree a set of realistic goals, looking at what you would like to achieve, and by when. We will review your support plan with you during the course of Reablement to find out how you are doing. If you struggle with any aspects of your plan we can make any necessary changes.

After Reablement

After you have completed reablement, you may be able to manage without further support. If this is not the case, you will be referred to an adult social care team for an assessment. Feedback or concerns can be addressed by contacting the Adult Intake Team on **020 8227 2915** or the Care Quality Commission.



Contact us

For more information contact
the Adult Intake Team on **020 8227 2915**
email **intaketeam@lbbd.gov.uk**