Reablement case study

Essex Cares Reablement is a programme of short-term care designed to help customers to regain and maintain independent living skills and to rebuild confidence following a fall or period of ill health. Unlike traditional home care, where tasks are completed for the customer, Essex Cares Reablement team work alongside customers and their carers to support them to progress and learn or re-learn the skills needed in everyday life; enabling them to do things for themselves.

Reablement offers a programme lasting up to six week that is tailored to each customer’s needs. Following a successful referral, the customer will receive an initial assessment that aims to address the level of assistance required along with any additional equipment that might be needed to maximise independence. The Reablement programme will record the customer’s individual goals and aspirations along with the steps and input from the multi-disciplinary team members that will help meet these objectives.

During the programme assessments are frequently completed to check progress. These are conducted at a stage that is right for the individual to clarify whether the customer is able to self-care or if a certain level of ongoing care is needed.

In order to provide the most beneficial and efficient service, Essex Cares Reablement service has developed partnerships with North Essex Partnership University NHS Foundation Trust (NEPFT) and Age UK. At any time, the Reablement team can call on both services for specific expertise and assistance in order to offer a more complete service for each customer.

Each Reablement team is formed of experienced and fully trained staff, with customers having access to support assistants, service leads, dual registered nurses, occupational therapists and physiotherapists to ensure they receive the appropriate support and encouragement.

In 2012, Essex Cares Reablement service expanded beyond Essex into West Sussex and has successfully been providing similar support to customers there via the Regaining Independence Service.

By providing this supportive and progressive service, Essex Cares aims to shorten customer’s recovery time following a period of ill health or deterioration in wellbeing, prevent unnecessary acute care that could hinder their progress and confidence and maximise each individual's independence.

The Reablement ethos is all about encouraging and supporting customers to find a way to achieve everyday responsibilities by working alongside the team to re-learn the skills needed to regain independence.

For further information on our Reablement and Regaining Independence Service please visit our website.
Enclosed are supporting case studies evidencing the success of Reablement.

**Case study 1**

*Marjorie*

102 years old

Marjorie received an individualised programme that was cost-saving and allowed her to remain at home.

Two months away from her 103\(^{rd}\) birthday, Marjorie is one of our oldest Reablement customers.

After suffering a fall in January which left Marjorie with a badly injured shoulder and leg, she was admitted to the local hospital.

Following a progressive recovery, it was felt that the best aid towards Marjorie regaining her independence was through our Reablement service. Over the six week programme, Marjorie developed the strength and confidence to start caring for herself and was soon able to walk around the house unaccompanied.

Marjorie’s recovery didn’t come without its challenges. With partial sight and hearing impairments even the smallest task presented difficulties. Marjorie explained: “A simple thing such as listening to the carer or hearing the doorbell ring when they arrived was a struggle. It just makes everything that little bit harder not being able to see and hear, especially when you’re as old as me!”

However Marjorie fought every obstacle thrown her way and nine weeks after her accident she is living at home independently.

Marjorie said: “If it was not for the wonderful people from the Reablement team I would not be back in my own home looking after myself. I felt from the very first day, I knew them. They made me feel so cared for and that it was possible to take my life back into my own hands.”

**Case study 2**

*Barry*

75 years old

Referral via the early discharge stroke pathway.

Barry was referred to the Reablement Team after suffering a stroke that had debilitated his left-hand side and inflicted memory loss. At the time of the stroke,
Barry was supporting his wife who was undergoing treatment after recently discovering she had breast cancer.

Due to Barry’s poor mobility and memory loss, Barry was left feeling vulnerable and anxious at the prospect of caring for both his wife and himself. However with the help of the Reablement team, they were able to assess the level of intervention needed and what equipment Barry required to allow for an easier recovery.

Barry initially received four daily visits and small pieces of equipment such as grab rails, toilet surrounds and a showering stool were put in place to allow more independence with personal tasks.

Due to Barry’s memory loss, blister packs were given to ensure that he was taking the correct medication which helped with building the confidence needed to take care of himself.

Over the six weeks, Barry was able to reduce his calls and began to take control of his life. He began Reablement worried that he wouldn’t be able to cope with his recovery whilst caring for his wife but the support offered allowed him to get back on his feet. Barry is now independent and has the confidence that if his wife was to be admitted to hospital, he would be able to manage independently at home.

Case study 3

*Josephine*
65 years old

Reablement enabled Josephine’s discharge with minimum handoffs.

Josephine was involved in a serious car accident and due to irreversible injuries; she underwent surgery to remove both of her knee caps. As a result she lost mobility and was restricted to a wheelchair outdoors and crutches indoors.

After being told that she would never walk again, Josephine became depressed and lost all motivation to regain her independence.

She was referred directly to Reablement by the ward led discharge team to West Essex Reablement. They assessed her situation and came up with a six week plan to build Josephine’s confidence and find a new lease of life.

Equipment was installed around the house and Josephine began to learn new ways to take care of herself. She was encouraged to complete tasks on her own however was given support accessing her home by the Reablement workers.
Overtime Josephine began to see hope and realised that although her life would be different post-accident, by learning new skills and having the necessary support, her life would be just as fulfilling.

Josephine’s confidence was restored and after six weeks she was not only mobile around the home but was accessing the community.

Josephine explained: “If it wasn’t for the Reablement team, who’s knows where I would be; mentally and physically. They have helped me find a way to live an ordinary life after the accident and have helped me cope and come to terms with what happened.”

*All names have been changed to protect the individual.*