



CONTACT US

Please see below details about how to contact our Reablement and Crisis Support Service.

Phone Us

0151 347 7834

E-Mail Us

elaine.dow@ndirections.org

Hannah.riley@ndirections.org

Our Website

www.ndirections.co.uk/reablement

Our Address

10 Magalen Square, Bootle, L30 5QH



**REABLEMENT AND CRISIS
SUPPORT**

SERVICE BROCHURE

ABOUT REABLEMENT SERVICE

Reablement is a short-term support service which helps people to regain skills they need for daily living lost due to injuries and health conditions. The majority of people who use our service have just been discharged from hospital.

The main aims of the service are to:

**Help people to remain living at home
Help people achieve maximum
independence.**

Prevent hospital admissions and re-admissions.

**Where appropriate, reduce the level of
care and individual need.**



REGISTERED SERVICE MANAGER ELAINE DOW AND HER TEAM

Hi,

Welcome to the Reablement Team!

We all have different parts to play in making sure all your assessed goals are met. We are made up of a highly trained workforce who will work alongside you in your own home.

We look forward to meeting you and those people who play an important part in your journey.

Elaine

ABOUT THE PEOPLE WE SUPPORT

We provide support to adults in their own homes.

If you or someone you know has been in hospital or had an illness or fall, you may need temporary support to help you get back to normal and stay independent. The support provided is short-term.

Reablement support helps you regain confidence in your own home and re-learn how to do daily activities like cooking meals and washing.

The benefits of Reablement support:

Reablement is very beneficial.

Reablement helps boost your confidence and functional ability.

Supports to improve mobility.

Contributes to overall wellbeing empowering you to manage your life independently.

Reablement allows you to continue living in your own home independently.

The support is personalised to you.

Goal based support gives us a sense of personal satisfaction and motivation.

WHAT WE DO

Our process:

- Once you have been discharged and settled home, we will request to be welcomed into your home by a Trusted Assessor from our team arranging to visit you to complete a functional Assessment of your needs.
- What this assessment involves: an observation/discussion of how you manage in your own home, assessment of what support you need to regain your independence over the short Reablement period you will receive.
- You will set your own personal goals which you would like to achieve, for some this may be to shower independently and confidently as they did before admission into hospital.
- Our highly skilled Reablement team will come and visit you to encourage you to work towards these goals and support you to make the progress you have set out in your plan.
- Our Trusted Assessor reviews your goals continuously and sets a date for discharge from our service as you make progress.



Impacts & Outcomes

Reablement At a Glance

For 2023



OUR ACTIVITIES

Main activities that we do

The support you need, will be determined on your assessment but here is a list of our main activities we support people to regain their independence with:

- Managing your personal hygiene.
- Dressing and undressing.
- Any continence support you may require.
- Preparing meals and drinks.
- Mobility practise.
- Stair practise.
- Getting in and out of bed or chair.
- Maintaining a safe environment.
- Medication support.



ABOUT NEW DIRECTIONS

Who We Are

New Directions was established by Sefton Council in 2007 as the first local authority trading company in the country which remains at the forefront of the adult social care sector in the borough and beyond.

Our organisation works with individuals with learning and physical and learning disabilities and older people to live rewarding and fulfilling lives through person-centered support and care. While also providing peace of mind for families and loved ones.

Our team of more than 350 enthusiastic and caring staff provides a wide range of high-quality services for 720 individuals each day across numerous care settings

OUR CORE VALUES



The team consists of male and female staff.



An Assistant manager/Trusted assessor from the Reablement team will visit you and monitor your needs.



This may be for a short period to see how you manage.
We are not a time specific service, but we will try to keep to the same time



Please let us know if you require any assistance with any impairments or sensory loss.

We will visit again to see how you are managing.



Where more support may be needed we will speak to the social worker



Reablement is about working where we can with you.



Big Hearted

We are proud of the quality of care, empathy and kindness we offer to the people we support and each other.



Count On Us

We act in a way that you can rely on us to be able to meet the needs of the people we support and each other.



Together As One

We take pride in working as a team to deliver a very person centred service.



People Focused

We recognise the importance of transparency, trust, recognition and development within our workforce.

