



# Reablement

Independence with care

*Regain skills, live your life with  
confidence in your own home*



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Independence with care



The Reablement Team helps people live safely and as independently as possible in the comfort of their own homes.

We can help if you:

- *need support to live at home, or*
- *need help so you can return home from hospital.*

We will help you to regain the skills you need to feel confident again about living independently at home.

## Who we are

The Team brings together a range of people with skills and experience to help you regain independence:

- *Reablement Team Co-ordinator*
- *Community Care Assistants*
- *Occupational Therapists*
- *Reablement Assistant*

## How we will help you

We will spend up to six weeks working with you so that you achieve the things you would like to be able to do for yourself. This could be anything from washing and dressing to preparing meals.

## Level of care

The amount of care and support you receive, during and after this six week reablement period, will depend on how much you need.

At the end of the reablement period, some people will be able to live fully independent lives, and so will no longer have to depend on care services.

If you already receive Home Care services from us, reablement could allow you to regain independence and reduce how much you need the services you currently rely on.

If you need on-going care, we will arrange for you to receive this.

## The reablement process

The Reablement Co-ordinator will visit you in your home to tell you about the Reablement Service and who will be working with you from the Team.

The reablement process focuses on what you **can do** rather than what you cannot do.

## Charges

There is no charge for the Reablement Service.

There may however be charges for other services. Where required, we can provide assistance in ensuring that you are receiving all benefits or financial support to which you are entitled.

## Our commitment to you

You, and where appropriate your family, will be fully involved in decisions made throughout the reablement process.

We will provide you with the support you need in order to enjoy living as independently as possible in your own home.

We will set high standards of service for any care provider we ask to deliver care to you.

## Tell us

We are always striving to improve the service we deliver. If you have questions or comments, please tell us.

### Contact:

Customer Liaison Team  
Housing & Community Care  
Perth & Kinross Council  
5 Whitefriars Crescent  
PERTH  
PH2 0PA

Tel 01738 475000

Email [hccustomerliaison@pkc.gov.uk](mailto:hccustomerliaison@pkc.gov.uk)

## Contacting the Reablement Team

If you feel you may benefit from the Reablement Service, contact us on 0845 30 111 20 to find out more.

We will discuss your situation with you and whether or not the Reablement Service, or other services, could support you.

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting Customer Service Centre on 01738 475000.



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