

Reablement – Helping you live more independently in your own home



About us

We can provide you with short term support if you have a physical disability, or mental illness, injury disability to help you recover in your own home.

We will take into account your goals so you can regain confidence and independence. We will look at your current abilities, and strengths, and respect your personal choices.

We are regulated by the Care Quality Commission (CQC).

Our Services

We can provide intensive support for up to six weeks. This is different from home care which provides support to people in their own homes for a longer period of time, or permanently.

If you are eligible for our services, we can help you:

- to return home when you are discharged from hospital.
- with information about support available for anyone who provides care for you such as friends or neighbours
- with assessing your personal care needs and to develop a plan which aids your recovery
- to minimise the effects of degenerative physical and mental conditions
- to feel safer in your own home and improve your quality of life, social and emotional wellbeing

- to return to your usual life and local community
- to relieve and manage any stress you feel about your recovery
- to avoid any future hospitalisation

What we can help with

If you are having difficulties with your personal care, mobility, household activities, getting in, or out of bed, or going to and from the toilet as a result of a short-term disability or illness, we may be able to help you with day-to-day tasks such as:

- bathing, personal care and continence
- moving safely around your home
- using equipment or technology
- making food and drinks
- taking medication
- laundry
- housework
- get out and about with transport
- accessing leisure and employment opportunities



Who can use our services

If you:

- are age 18 or over
- live at home, in Bolton
- are able to live safely in your home with minimal risk to your physical or mental health
- are assessed by a care manager

You must also have:

- a short-term illness such as a fracture, chest infection
- difficulties with daily activities
- agreed to participate in the therapeutic activities prescribed to aid your recovery
- the potential to improve or maintain your everyday living skills within the six weeks
- Experienced a change in your care needs e.g. following a stay in hospital or residential respite care

Your rehabilitation plan

If you are eligible for support, someone will visit you in your home. They will assess your needs and agree a plan with you. The plan will focus on rebuilding skills and confidence so you can manage more by yourself.

We will work closely with you, and anyone else who supports you including any friends or family.

We will

- Give you details of the support we will provide
- Document the help we have given you in your home
- Be polite, and respectful of you and your home
- Keep your personal and financial matters private
- Work safely so no one gets hurt



How to contact us

You can ring us: 01204 338027

Outside normal working hours, you can leave a message, and we will call you back. If you are being discharged from hospital, a social worker will visit you, and they may refer you to us.