

OA Reablement Service	OA Day Care	OA Residential Care	Domiciliary Services	DMH Day Services	DMH Supported Living	DMH Residential Services	EIA'd
✓	*	*	*	*	*	*	✓

# R4

## REABLEMENT

### POLICY

To ensure staff reable individuals to regain or develop independent living skills.

### PROCEDURE

**Appropriate Personal Protective Equipment must be used at all times when working with individuals on personal care tasks.**

**The assumption should be made that where referring to any other Cumbria Care policy the wording “service user” must be replaced with the wording “individual”.**

**The Lone working policy applies for reablement support workers.**

1. Over the period of reablement, goals and aspirations will be developed with the individual and their needs will be regularly reviewed and adjusted to reflect their progress.
2. Individuals will be assisted to achieve or maximise their independence in some or all of the following areas:
  - ◆ Personal hygiene – e.g. bathing, personal care, continence promotion, also getting in and out of bed
  - ◆ Regaining confidence in daily living tasks
  - ◆ Medication support
  - ◆ Mobility and transfers
  - ◆ Making a drink, preparing a meal or snack
  - ◆ Building confidence and continuing supportive programmes
  - ◆ Shopping, pension collection arrangements, outings, laundry and other household tasks.
  - ◆ Accessing social / recreational / occupational / leisure facilities where this activity is eligible for support under the Council's criteria.
  - ◆ Promoting independence for individuals who have lost a partner or main carer.
3. Basic information from the IAS System will be communicated to the reablement support worker from the supervisor / office regarding the individual. This will include:
  - The name of the individual
  - Access arrangements
  - Summary of the individual's background and needs.

Date	17/01/12							Issue date
Amendment	1							30/11/10 P&P

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4. It is the responsibility of the reablement support worker to ensure they familiarise, and understand that aspects of this document are progressive and may change. Staff must also read previous entries to identify current levels of progression.
5. The individual must be encouraged to meet the goals set and to maximise possible independence to achieve as normal a life as possible.
6. Throughout the visits the reablement support worker must constantly encourage the individual to achieve their goals as set out in the reablement plan.
7. On each visit the reablement support worker must record the level of measurable progression against each outcome as detailed in the reablement plan.
8. If the reablement support worker has any concerns that the individual is not meeting the desired goals, they must contact the supervisor / office and record these details on the communication record.
9. The supervisor will provide further guidance on how these goals maybe achieved.
10. All entries should be legible, accurate and informative. Staff should bear in mind that the individual has the right to see any information written about themselves therefore it is important that information is recorded both objectively and sensitively.
11. Staff are encouraged to work with individual's family / advocates / other agencies to achieve the desired outcomes.

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