

Helping you to regain your independence

Short Term Assessment and Reablement





Short Term Assessment and Reablement

Each year people who have been living independently at home suddenly find themselves in need of some additional support.

This can be for a number of reasons including an illness, fall, or hospital admission.

We know that getting back on your feet, maintaining your independence, confidence and regaining lost skills (or even developing new ones) are the most important things to you to enable you to remain at home.

That's where Derbyshire County Council's Short Term Assessment and Re-ablement Team (START) may be able to offer some help.

The service is for Derbyshire adults who are likely to benefit from a short term focused service from trained social care staff with support from health care professionals where appropriate.

We will work with you to achieve your goals and help you regain some or all of your independence.

How the service works

You will be assessed either at hospital or in your own home and referred to the short term service once it is agreed that you would benefit from this support. This is usually provided in your own home. Our team of highly skilled practitioners and enablement support workers will support you alongside health care professionals where appropriate to achieve your maximum level of independence.

If you need a higher level of care or support initially you may be admitted to one of our community support beds based in one of our care settings. The social care staff and health care professionals will work with you to regain your independence to a level where it is safe for you to return home and continue with the with the short term service in your own home where applicable.

The short term service is free at point of entry until you achieve your goals or your long term care needs have been established. Any ongoing services will be subject to community funding charge arrangements.

The Short term team offers support with personal care and practical daily living skills. When your confidence grows, the support is gradually reduced depending on your level of need.

The service will:

- be flexible and responsive to your needs.
- ensure your preferences and those of family carers are considered.
- support hospital discharge or prevent hospital/residential care admission.
- encourage you to 'do things for yourself' rather than people 'doing things for you'.
- help you regain lost skills.
- involve a range of specialist support such as occupational therapy.
- provide support to improve health and wellbeing.
- set goals with you so that you can agree what you want to achieve.

When you have reached your goals and the maximum level of independence, we will assess your care needs and refer you to appropriate ongoing services where necessary.

To find out more about Derbyshire County Council's Short term START Service you can:

- speak to your Adult Social Care worker first, if you have one
- ring: Call Derbyshire on **01629 533190**
- email: **contactcentre@derbyshire.gov.uk**

Further Information

Derbyshire County Council Adult Social Care and Health department produces a range of leaflets that can be downloaded or ordered from our website at www.derbyshire.gov.uk/careinfo, obtained from staff or at a local office.

Leaflets available include:

- Guide to Adult Social Care and Health – how we work and what we provide.
- Keeping Adults Safe – what to look for and what to do.
- Guide to Carers Services – support, advice and information for carers.
- Guide to First Contact – signposting to services and support.
- Guide to Dementia Services – information, support services and care options.
- Care Services Directory – residential homes and home care services in Derbyshire.
- Putting People First – comments, compliments and complaints.

Leaflets are available in standard, large print, and Easy Read versions and upon request in other formats such as Braille or an alternate language.

We also have videos, including BSL conversions on our YouTube channel at www.youtube.com/derbyshirecc

The Adult Social Care and Health Information Promise – a **FACT** you can rely on. **We promise to provide you with:**



- F**ree information
- A**ccurate information
- C**lear information
- T**rustworthy information.

If you think we have broken our **FACT** promise, please let us know