

## Helping You Regain Your Independence Information Sheet

### 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 several 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 reablement 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.

### 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 START service you can:

- speak to your Adult Social Care worker first, if you have one
- Telephone: Call Derbyshire on **01629 533 190** or email: [contactcentre@derbyshire.gov.uk](mailto:contactcentre@derbyshire.gov.uk)