

Reablement - Getting you home from hospital

Regain your skills and confidence



What does it mean to be discharged from hospital?

You will leave the hospital when you no longer require hospital care, this is called being **discharged**.

We want to make sure you are discharged back home as soon as you and the ward feel that you are ready.

It is important to start planning and preparing for this stage to avoid this being confusing or stressful.

What to expect

Before leaving hospital, a physiotherapist, an occupational therapist or nurse, will discuss your needs and discharge arrangements with you and your family or carer if you would like them to be involved.

Once at home, a member of the reablement team will visit you to observe you doing your everyday tasks, support your recovery and continue to work with you.

We will work together to find out what is important to you so that you can get better at home with the support of our team.



Things to think about when getting ready to leave hospital

- Speak to your ward staff about what needs to happen when you get home
- Consider what support including equipment you might need when you get home and how family and friends may be able to assist you. You can involve your family or carer in any conversations
- Think about what your **goals** are for your recovery at home
- Organise your transport home on your discharge day and know who will meet you when you get home.



What support is available once you are home?

Reablement Service.

Reablement provides short term, intensive input that helps you regain your confidence and stamina to carry out every day activities such as washing, dressing, moving around your home and going into the community.

It is an individual approach and works with your strengths and what you would like to achieve as no two people are the same and not everyone will have the same goals.

A member of the reablement team will visit you in your home and by working together with you, will help you to do the everyday things that are important to you.

They will help you to remain motivated and achieve your **goals**. This is a personalised service for up to six weeks which is of no cost to you. The length of time that you are in the service will depend on your physical health, motivation and your goals. Most people recover in three to four weeks and the majority recover well and need little or no ongoing support.

Telecare is a service that offers remote support to people who live alone in their own homes. For example, a falls alarm or pendant alarm.

Assistive technology, such as remote monitoring app, helps individuals manage their health and daily activities. You will be advised of any charges that may be occurred for these services.



Will I need to pay for my longer term care and support?

Once you have completed your reablement, any long term needs will be identified and you will be financially assessed for any long term care and support needs.

If you are new to adult social care services, and have been assessed as having a long term care need, a Financial Assessment form will need to be completed.

If you require assistance completing the form, let us know and this can be provided.

Most people pay only a small contribution or no charge towards the cost of their care.

However, some people's savings and assets are above the threshold and they will pay the full cost of their care. If this is the case, we would consider you to be a self-funder and you can, if you wish, arrange your care and support independently.



Do you look after someone?

Do you provide unpaid help and support to a parent, partner, child, relative, friend or neighbour who could not manage without your help, due to age, physical or mental health issues, substance misuse or disability?

If you answered 'yes', then you are a carer and you **may** be entitled to Carer's Allowance if you are financially eligible. There may be support available for you, from your GP, other agencies and adult social care.

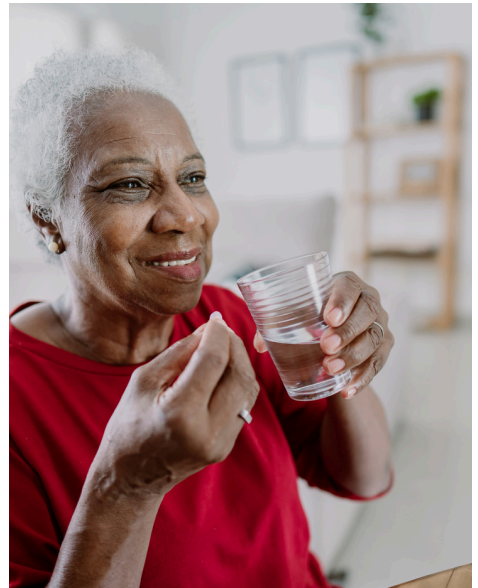
Newham Carers Community



Commissioned by Newham Council, Newham Carers Community provide dedicated support to carers and young carers.

This service includes free and confidential advice, information, activities and support for unpaid carers living in or caring for someone in Newham.

Telephone: 020 3954 3143
info@newhamcarerscommunity.org.uk



Reablement team contact details

For more information about Reablement

Visit:
www.newham.gov.uk/reablement

Email:
Newham.Reablement@newham.gov.uk

Telephone:
020 3373 6457



The Well Newham Directory provides online information of the different health and wellbeing services you can access in Newham.

www.wellnewham.org.uk

Access to Adult Social Care Team contact details

Telephone: 020 8430 2000

When calling please select Option 2 for the Access to Adult Social Care team.

Textphone: 18001 020 8430 2000

Opening hours: Monday to Thursday 9am-5pm Friday 9am-4.45pm.

Making daily living easier with AskSARA

AskSARA provides online guided advice to help you find products and solutions to make daily living activities easier. This can enable older and disabled people to live independently and maintain their lifestyle.

www.newham.gov.uk/asksara

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Bezpłatne tłumaczenie

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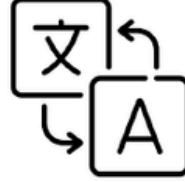
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