



Leicestershire  
County Council

# Getting well and staying independent with HART

- the Home Assessment and Reablement Team

September 2019

## What we do

We offer a short term service designed to help people develop confidence and skills they need to live as independently as they can at home and in their community.

We will support you to do tasks for yourself rather than doing them for you. You will be encouraged to do as much for yourself as you are able to.

### Our support focuses on:

- you as a person
- your aims and goals
- your independence

### Areas of support will be identified in your support plan and could include:

- Personal care such as washing and dressing
- Preparing food and drink
- Helping you get around your home

Please note there are no specified times for reablement visits.



## How long will it last?

Reablement is a short term service. The number of visits that you receive will be continuously monitored and reduced as you get stronger and more independent.

The reablement period may vary from a few days up to a few weeks.

## Our team

Our experienced team includes:

- HART reablement team workers
- Adult social care review officers
- Occupational therapists

We will work closely with other professionals who may be involved in your care including physiotherapists and nursing staff.

## Will I be charged?

Reablement is a short term, time-limited service which is free of charge.

We will review your care and support needs before the end of the reablement service.

Most people leave the service fully independent but if you need ongoing support from the council then you may need to contribute towards the cost.

A financial assessment will be completed to determine how much you will be expected to pay.



# What can you expect from us?

We will continue to develop your reablement plan to support you to remain living, independently in your own home for as long as you are able to.

## We will:

- Give you advice on how you might improve your independence with reablement
- Show you ways to help yourself
- Signpost you to services and support that may be available in your community
- Work with you to identify and organise any support you might need
- Include you, and with your permission, your carer or family, in all relevant discussions
- Treat you with dignity, compassion and respect at all times

# What do we expect from you?

## We ask you to:

- Plan your reablement and goals with us
- Work to make your reablement a success
- If needed, identify a carer or family member to be a point of contact
- Treat our staff with courtesy and respect

If you have any questions or concerns about your reablement please contact us on **0116 305 0004**.



[www.leicestershire.gov.uk](http://www.leicestershire.gov.uk)

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