



# City of Edinburgh Council Health and Social Care

## Independence in Your Own Home

### Home Care Re-ablement

#### What is Home Care Re-ablement?

Home Care Re-ablement Teams are based in the community across Edinburgh

Each team is made up of staff including:

- Home Care Re-ablement Team Co-ordinator
- Trained Care Workers
- Occupational Therapist
- Housing Support Worker
- Administration Support Worker

What does the Home Care Re-ablement Team do?

The Home Care Re-ablement Team provides care and support:

- To help you to get home after a stay in hospital or a hospice
- or
- To help you if you live at home and need home care.

Your needs will have been assessed either at home or in the hospital by an Occupational Therapist, Social Worker or Home Care Coordinator

Home Care Re-ablement Teams can provide care for **up to** six weeks. We will monitor the level of support you need throughout that time. The original level and type of care requested by the person assessing your needs, including hospital staff, may, therefore, change while you are in the care of the Re-ablement Team

**What happens when I get home from hospital?**

Once you are home, you will receive a visit from the Home Care Re-ablement Team Coordinator. They will discuss with you the service we provide.

**What types of support can Home Care Re-ablement Teams provide?**

The Home Care Re-ablement Team will work with you to regain your daily living skills and support your independence. The approach will be to 'do with' rather than 'do to or do for' service users.

Care Workers will work with you on the things you want to achieve during the re-ablement, for example, making meals or snacks independently.

Care Workers can provide:

- Help with getting in and out of bed
- Assistance to wash and dress
- Help with toileting and continence care
- A reminder to you to take your medication.
- Assistance or support with preparing a meal
- Assistance with transfers and hoisting
- Shopping and laundry in essential cases

*Please be aware that the Care Workers are unable to work to exact times and may need to vary the times when you receive visits.*

Occupational Therapists can:

Assess and review in the areas of rehabilitation, your equipment needs, and safety at home. They also offer guidance and advice to the Care Workers.

A pre-existing Homecare service can be re-started by Home Care Re-ablement Teams when a request is received. This is only possible when you have been in hospital for four weeks or less.

### **What happens after Home Care Re-ablement Team involvement?**

If you are assessed as not needing the service, it will no longer continue. You, and where appropriate your family, will be involved in any decisions made throughout this time.

If you still need ongoing support, once a suitable level of care has been decided on, a service will be arranged with the Council's Home Care Service or with a Council approved Care At Home Agency.

### **Will I be charged for this service?**

Personal care is free for people over 65. Some other care tasks, e.g. help with housework, shopping etc. may be chargeable.

If you are over 65 years, all care you receive for the first four weeks from the date of leaving hospital is free of charge. If you are under the age of 65, you may have to pay for some services. After four weeks part of the care you receive may be chargeable. This should be explained to you and assessed before you are discharged from hospital.

### **Contacting the Home Care Re-ablement Team**

- Hospital staff will contact the Home Care Re-ablement Teams on your behalf.
- The Home Care Re-ablement Team Coordinator will provide you with their contact details on their visit to you when you are home.

### **How do I let you know how I feel about the service?**

It is important to let us know if you are not happy with the service you receive, this helps us to make improvements to our service. We also appreciate being told when things went well. If you have any issues, which cannot be resolved by your Care Worker, please contact the Team Coordinator who's details are on this leaflet.

**You can contact your local Home Care Re-ablement Team on**

**South East 529 5386**

**North East 555 8350**

**South West 313 6762**

**North West 529 7136 or 529 5036**

**South Central 527 5125**

