

Reablement



COUNTIES
MANUKAU
HEALTH

Rehabilitation in your home. Helping you regain your confidence to live independently in your home and local community.



REABLEMENT PATIENT GUIDE



What is Reablement?

Counties Manukau Health has introduced a Reablement approach to enable individuals to regain independence after a period of illness or injury. Reablement is free and is provided for a short time, usually up to six weeks. It is provided by your local Community Health Team. It is designed to help you get back to independence as quickly as is safe and practical for you. Reablement is based around your individual need, goals and recovery.

Reablement can assist you to return to doing daily activities such as getting dressed, preparing meals, washing yourself and getting out and about. Reablement is for people who are well enough to return home but are still recovering after sickness or injury.

Reablement is not about doing things for you. It is about giving you the practice and confidence to get back to doing every day tasks and activities yourself in a way that is realistic and safe.

How can Reablement assist me?

It can help you to:

- Return home from hospital faster
- Keep or regain skills for daily living
- Regain or increase confidence
- Provide an opportunity for you to keep doing the things that are important to you such as visiting friends, attending community activities, participating with family activities or returning to work as appropriate.

What can you expect?

In the first few days after going home from hospital you will be visited by the Reablement Team. They will talk to you about what is important to you and your family/whaanau, about what activities you can and can't do. They will help to develop a weekly plan to assist you to get you back to being as good as you can be.

The support workers who visit you have been trained in working in Reablement and have a support team of nurses, doctors, physiotherapists and occupational therapists to assist and guide them as required.

How can Reablement help your family/whaanau?

By working together with your family/whaanau we will all know what we are aiming for and the steps you need to achieve along the way.

During week two of Reablement you and your family/whaanau will be invited to take part in an assessment and planning review to decide whether you need any ongoing support and to plan how you will manage when Reablement ends. This is a good opportunity to raise any issues or concerns you or your family/whaanau might have about your care needs.

What you can do to make Reablement successful for you?

- You are most likely to improve if you are willing and positive about Reablement.
- You can help maintain enthusiasm by setting realistic goals.
- Motivation is the key to success.

What happens next?

If a member of your care team has offered to enroll you in Reablement and you wish to accept just let them know and they will organise this for you.

Reablement Enrolment:

Enrolling in Reablement is voluntary and you are welcome to discontinue at any point during the programme.

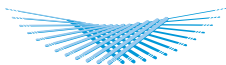
To support you in your Reablement journey, your Health care team will be using Shared Care to communicate about the activities that you wish to achieve during your time on the programme. In order to use Shared Care we require your permission.

If you have any questions about Shared Care please discuss them with your referring Health Professional, and/or visit the website.

sharedcareplan.co.nz

Contact Details for Reablement:

Contact via Primary Options of Acute Care
Ph: **09 535 7218**



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countiesmanukau.health.nz