Intermediate Care and Reablement Services

What is intermediate Care?

The Care Act 2014 refers to intermediate care and Reablement support services as “services that can delay or prevent the need for more intensive care and support and also be a stage in a longer term package of care”.

Intermediate care, including Reablement, aims to offer care and support services to help you to maintain or regain the ability to live independently in your own home or avoid premature admission to residential care.

It is a time limited support service, usually of up to six weeks, but it should not have a strict time limit. The support provided should depend on your needs and the outcomes the support seeks to achieve.

Charging for an intermediate care

The Adult normally receives a free service whilst they are actively participating in the intermediate care or Reablement programme. If at any point a longer term service is identified to better meet their needs then the adult is likely to be charged from this point.

What types of service may be available?

Services that form part of an intermediate care package can vary but these can include:

- **Home-based intermediate care** —services provided to people in their own homes by a team with different specialities but mainly health professionals such as nurses and therapists.
- **Bed-based intermediate care** —services delivered away from home. For example, in a community hospital.
- **Reablement** —services to help people live independently which are provided in a person’s own home, by a team of mainly care and support professionals.

When might intermediate care be appropriate?

Intermediate care should be considered an option for any adult over the age of 18 were it is considered to be of benefit to the individual. No one should be excluded on the basis of age, ethnic or cultural group, or health condition.

You may be offered intermediate care or Reablement services described in one of the following situations:

- As an alternative to hospital admission
- To support timely discharge from hospital
- When facing permanent admission to residential care
- To help people with dementia or other mental health needs
- End of life care.

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What is Reablement?
Reablement is a type of intermediate care. The aim is to encourage and support you to learn or re-learn skills necessary for daily living, following a period of illness or after a stay in hospital. Reablement support is about helping you to discover what you are capable of doing for yourself, and to give you confidence when moving around your home and with tasks such as washing, dressing and preparing meals.

Reablement services are most frequently delivered in your own home. Staff will discuss and assess your needs to find out what you can do and what is causing difficulty. You will then agree a plan describing the support you will need to help you improve. The emphasis is on staff supporting you to attempt and complete tasks described above rather than undertaking tasks on your behalf – helping you discover what you can do for yourself and giving you the confidence to try.

What happens at the end of the Reablement period?
At the end of an agreed period, your ability to manage daily living tasks will be reviewed. If this assessment identifies the need for longer term support, appropriate steps can be taken to meet those needs. For further information see factsheet - Getting a needs assessment

Who do I contact for more information?
For more information on Intermediate Care and Reablement you can speak to your social worker if you have one or health practitioner about this. Alternatively you can speak to a Staffordshire Cares Advisor on 0300 111 8010. Email staffordshirecares@staffordshire.gov.uk