

# Berkshire West Reablement services

**Reablement Services  
help people recover,  
regain independence  
and remain at home**

Reablement Services provide support for a short time to help you recover and increase your independence or review ongoing care needs.

The support is provided by a team of people, who will discuss and identify realistic aims for you to work towards, during your time with the service.

## Reablement may:

- Help you remain at home when things become more difficult.
- Help you avoid hospital admission.
- Help you after an injury, an acute illness or an operation.
- Help you return home more quickly after a stay in hospital.



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It took so  
much effort to  
get up and now  
I can do it with  
relative ease

# What can I expect:

## 1. Before it starts

- An assessment by a professional that takes into account your abilities and to establish if this service is appropriate for you.
- Involvement of family or others who are important to you, to be involved in decisions, if you wish.
- Opportunity to ask questions.



## 2. At the start, you will receive

- Visits from the Reablement team who will work with you to draw up a support plan to ensure you are kept safe and well.
- Information about the service will be shared with you, and who to contact if you have questions or concerns.
- Help to think about activities that might be challenging, and decide what support you need.

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I was pleased with the approach that the Reablement Team took. I didn't want help if I could manage for myself.”



### 3. While you are receiving the service, we offer

- Support from range of people who may include Occupational Therapists, Physiotherapists, Therapy Assistants, and Support Workers. They will review your progress whilst looking at your possible future needs from early on in the process.
- Regular reviews and discussions to establish your future needs if any. How long you stay with the service will change depending on the progress you make.
- Day to day entries to record the support you have received and your progress.



### 4. At the end of reablement, we will offer

- A plan for transferring to another provider service(s), if you need ongoing support.
- Information about other types of support available and how to access services should you need them in the future.

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I got to the point where I thought ‘I can look after myself’. Although I was sad to see them go as they were a great team, who did an excellent job.

**For further information on your service please visit:**



01189 373 708  
[www.reading.gov.uk](http://www.reading.gov.uk)



**WOKINGHAM**  
BOROUGH COUNCIL



03003 651 234  
[www.wokingham.gov.uk](http://www.wokingham.gov.uk)



01635 503 173  
[www.westberks.gov.uk](http://www.westberks.gov.uk)



**Berkshire Healthcare**  
NHS Foundation Trust



03003 651 234  
[www.berkshirehealthcare.nhs.uk](http://www.berkshirehealthcare.nhs.uk)

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They made you stand on your own two feet (quite literally), but were realistic about how far to take it. At first I needed more assistance, but in a short time they were taking a more supervisory role. The change was gradual, and before you know it you've moved to the next stage