Reablement

Reablement will work with you to help you to do things for yourself rather than do things for you. It will focus on your strengths and abilities and help you build up your confidence in doing things for yourself such as:

- getting up, washed and dressed;
- preparing meals and snacks;
- taking medication;
- getting about in and out of the home;
- doing household tasks like shopping, pension and laundry; and
- getting involved in social and leisure activities.

Category(ies):

Home help, Care, Independent living, Intermediate / after hospital care, Support for carers, Health & wellbeing, Prescriptions delivery, Paperwork / forms & letters, Health & wellbeing, Socialising, Prescriptions delivery, Shopping

Who it is for:

Reablement is a new service which aims to help people regain their independence following an illness, injury, disability or loss of personal support network.

Where available:

Local service covering: Allerdale, Barrow-in-Furness, Carlisle, Copeland, Eden, South Lakeland (Cumbria).

What it costs:

It is a free service and is provided for a short period of time, usually no longer than six weeks.

How to access or apply for it:

You can ask for reablement through Customer Services at your local Adult Social Care office at:
County Offices
Kendal
Cumbria LA9 4RQ
Telephone: 01539 713377
Email: kendalssd@cumbriacc.gov.uk

Additional information:

Reablement is not a long term service and does not provide personal care to people who need someone to do things for them.

Info. updated:

01/06/2011
Contact info: **Adult Social Care**: Cumbria County Council Headquarters, The Courts, Carlisle, Cumbria, CA3 8NA.
**Telephone:** 01228 606060.

Email them  Visit their website  Find them on a map

Parent organisation: **Cumbria County Council**

Who are they? 07966 641372

Web link: http://www.housingcare.org/s/link-info-5401.aspx
Contact provider: http://www.housingcare.org/s/link-info-5401.aspx?srw=contact
Providers website: http://www.cumbria.gov.uk/adultsocialcare/default.asp