

NORTH YORKSHIRE COUNTY COUNCIL

CARE AND INDEPENDENCE OVERVIEW AND SCRUTINY COMMITTEE

4 NOVEMBER 2010

Reablement

1.0 Purpose of Report

- 1.1 To introduce a presentation on Reablement

2.0 Introduction

- 2.1 Reablement is characterised by support from trained staff spending more time with people in the early stages after an illness or accident to explore their motivation and goals and to see whether their earlier independence can be restored. It can be described as an approach which aims to help people 'do things for themselves' rather than 'having things done for them'.
- 2.2 You believed that development of a Reablement service could well be pivotal to managing service change in North Yorkshire. For this reason, but more because it plays such an important role in the way people are supported in living independently, is why the Committee expressed a wish to scrutinise these services as they are developed, to ensure they are addressing individual needs.
- 2.3 We start this topic with a briefing at the Committee by Beverley Maybury Assistant Director Adult Social Care. I have included the briefing and draft project plan considered and agreed at the recent Mid Cycle Briefing.

3.0 Recommendation

- 3.1 The Committee confirm that this topic be included in the work programme as a review along the lines of the draft project plan attached

HUGH WILLIAMSON
Head of Scrutiny & Corporate Performance

County Hall
NORTHALLERTON
25 October 2010
Background Documents: Nil

Care and Independence O&S Committee

Mid Cycle Briefing

7 October 2010

Reablement Briefing

DEFINITION

*" A process aiming to restore personal autonomy in those aspects of daily living considered most relevant by patients or service users and their family carers"*¹

*"Services for people with poor physical or mental health to help them accommodate their illness by learning or re-learning the skills necessary for daily living"*²

OBJECTIVES

- to maximise users long-term independence, choice and quality of life
- to appropriately minimise ongoing support required
- and, thereby, minimise the whole life-cost of care

WHAT IS IT

Spending much more time with people in the early stages after an illness or accident, to explore their motivation and goals and to see whether their earlier independence can be restored.³

Reablement can be described as an "approach" or a philosophy within home care services – one which aims to help people "do things for themselves", rather than "having things done for them".

Home care reablement services provide personal care, help with activities of daily living and other practical tasks for a time-limited period, in such a way as to enable users to develop both the confidence and practical skills to carry out these activities themselves.⁴ For example, a client may set their outcome target as "being able to get out of bed, get dressed by self and prepare breakfast". The role of the home carer in this situation would be to support the client in re-learning these life-skills. The service would usually be provided for a defined maximum period of time, often six weeks.

Like all Intermediate Care Services reablement aims to assist people at transitional points in their life and to help confidence and functioning. What distinguishes it from other models is that it tends to emphasise a "Social Model " by focussing on social interaction and daily living skills , and it tends to be delivered by un-qualified (but well-trained) staff operating under the guidance and supervision of professional staff.⁵

R Busby
Scrutiny Support Officer
County Hall
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¹ Wanless Social Care Review: Securing Good Care for Older People: Kings Fund

² Centre for Group Care and Community Care Studies - De Montfort University Evaluation 2000

³ Time to Care? An overview of home care services for older people in England, 2006

⁴ SPRU Investigating the Longer Term Impact of Home care Re-ablement Services

⁵ Reablement for All – North East Regional Improvement and Efficiency Partnership

Care and Independence Overview & Scrutiny Committee

Plan of Scrutiny Review

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| TOPIC | Reablement | |
| OBJECTIVE | <p>To review and report upon the shape, impact and effectiveness of reablement services that are being and/or are planned to be delivered in North Yorkshire</p> <p>To identify issues, challenges and any improvements that may be recommended to the Executive and/or Portfolio Holder.</p> | |
| REASONS FOR REVIEW | Reablement services (in association with other services eg Telecare) play an important role in the way that people are supported in living independently and therefore the committee has a role to play in scrutinising these services to ensure that they are addressing individual needs. | |
| CORPORATE OBJECTIVES (Please tick as appropriate) | To ensure good access for all | |
| | To help people to live and thrive in safe and secure communities | √ |
| | To help all children and young people to develop their full potential | |
| | To promote a flourishing economy | |
| | To maintain and enhance our environment and heritage | |
| | To improve health and wellbeing and give people effective support when they need it | √ |
| METHOD | Initial briefing to Committee to develop understanding of the reablement services currently provided, plans for the future and if appropriate determine the scope of the expected in-depth review | |
| TASK GROUP MEMBERS | To be decided | |
| STAKEHOLDERS PARTICIPANTS | | |
| ISSUES | <ul style="list-style-type: none"> ▪ What is reablement and what are its objectives ▪ What are the statutory requirements upon the council for providing reablement ▪ What are the national policy drivers ▪ What are the local policy drivers | |

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|---------------------------|---|
| | <ul style="list-style-type: none"> ▪ Needs analysis - demography, domiciliary care provision stat of the market ▪ How is reablement provided in practice ▪ How effective are reablement practices and what are the cost benefits ▪ Service user expectations ▪ Stakeholder issues ▪ Wider implementation - Service Migration, Roll out development - staffing etc |
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| WORK PROGRAMME | To be presented initially at Committee meeting on 4 November 2010 |
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| SUCCESS INDICATORS | Review clearly contributes to greater understanding of the reablement services required and provided by the council and its partners for the community at large. |
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| | R Busby Scrutiny Support Officer County Hall NORTHALLERTON |