

## Target Audience

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Care and Support staff in a variety of settings and Housing Support Teams who provide direct care and support.

Reablement is about supporting people to become more independent and improve their quality of life. It gives people the opportunity and confidence to relearn and regain some of the skills they may have lost because of poor health, disability or impairment or after a spell in hospital or problems at home, inclusive of recovery from COVID-19.

**This course is delivered using a range of methods and resources including:**

- ◆ Face to Face tutor facilitation, questionnaires, scenarios for breakout groups, questioning and participation and an end of session assessment.

**This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:**

- ◆ NICE Guidelines - Intermediate Care – Including Reablement
- ◆ NICE Guidelines – Managing the long-term effects of COVID-19

## Course Content

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- ◆ Definitions of reablement
- ◆ Current relevant legislation pertaining to reablement
- ◆ What is NOT reablement?
- ◆ The consequences of not supporting reablement with people being supported
- ◆ Understanding and managing people's expectations
- ◆ How to use reablement with people with long-term conditions
- ◆ Benefits of enabling care for people
- ◆ Benefits of enabling care for carers
- ◆ The importance of demonstrating a reablement mindset
- ◆ Manage potential barriers to reablement
- ◆ Practical techniques of undertaking reablement in the home setting
- ◆ Identify and manage potential risks that may arise when using reablement care techniques
- ◆ The importance of working with Occupational Therapists and Care Managers to provide effective reablement

## Learning Outcomes

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**After attending this course, learners will be able to:**

- ◆ Explain the principles of supporting people to live at home
- ◆ Contribute to planning support for people living at home
- ◆ Explain how to work with people to secure additional services and facilities to enable them to live at home
- ◆ Explain how to work in partnership to introduce additional services

**Duration: 6 Hours**