

## Prevention and Reablement

This factsheet tells you about how we help people to prevent or reduce their needs for care and support, and gives examples of the support available. This includes support for adults, older people, people with a learning disability and people with a mental health problem. Support is also available for carers, and for families with a disabled young person (as part of them moving to adult care and support).

‘Care and support’ is the help some people need to live as well as possible with their illness, disability or impairment. It can include help with things like washing, dressing, meals, getting out and about, and keeping in touch with friends and family.

This is one of a range of factsheets about care and support in Sheffield (details on page 10).

### Introduction

Prevention and reablement support helps people prevent or reduce their needs for care and support.

### Sheffield Directory

You’ll find lots of information about services and organisations that can help you to remain independent, safe and well on the Sheffield Directory website [www.sheffielddirectory.org.uk](http://www.sheffielddirectory.org.uk). The directory has information about local voluntary and community organisations, groups and activities, and details of the care and support providers in Sheffield.

You’ll also find advice and support on services available in your community – such as a welfare benefits advice, tenancy support, help to get out and about and activities and exercise classes.

## **Advice and information**

If you would like our help please contact us. Contact details are at the end of this factsheet. When you contact us we will talk to you about the problems you are having and the issues you are facing, and how you can get care and support.

We will search for services that may prevent or reduce your needs for care and support. Sometimes these will be services everyone can use, such as

- good quality information and advice – from money and debt management, to learning, working and volunteering opportunities
- help to keep you healthy, such as exercise classes, weight management
- support to keep you safe in the community, such as personal care alarms
- local support groups for health conditions like diabetes, cancer and depression
- ways to reduce loneliness or isolation, such as befriending schemes, and community activities like walking groups and leisure activities
- equipment providers who sell items to help with daily activities like getting around the home and getting out and about

We can also give you information about how equipment, adaptations and technology could help you around the home and keep you safe and independent, and how this can be arranged.

We will also ask about how you're supported by your family and friends, in case they need advice on how to continue their caring role.

## **Short-term support (also called reablement)**

If you need short term help to regain or improve your independence, health and social care staff will talk to you about the care and support you can get to help you learn new ways to do things and live as independently as possible. You may need this help because of an illness, after a fall, or as you're leaving hospital.

We will agree with you the support you need, either to learn how to cope with an illness, injury or impairment, or to learn different ways to do everyday activities. This can also involve learning to use new equipment or technology. We will agree a number of personal goals you want to achieve. Your goals could include

- re-learning how to care for yourself at home. Supporting you to learn how to do essential everyday tasks such as dressing, bathing, making a meal and taking your medication

- helping you to feel safer at home by using equipment or adaptations to your home, or fitting alarm and monitoring systems so you can call for help in an emergency
- increasing your confidence to go out of your home and staying in contact with family, friends and community groups. This would include looking at local groups and activities you may want to join.

Often we will work with other services that support you, such as your doctor or district nurse. If you have health, housing or care and support needs we may need to share your information with other agencies. We will always ask you first, unless we need to act quickly to protect you from harm.

Your reablement support can be up to a maximum of six weeks, although often people are helped to regain their independence in a much shorter time and don't need any long term support. There is no cost for help up to a maximum of 6 weeks, although there may be a cost for any equipment you buy or monitoring services installed in your home. You may be charged for any support provided after 6 weeks.

If you do still have care and support needs we will carry out an assessment of your needs. There's more information about this in our factsheet Getting Care and Support (details on page 10).

If your assessment shows you have eligible long term care and support needs, we will help you plan the support you need. We will also carry out a financial assessment to work out how much you can afford to contribute towards your care and support.

## **Other types of support**

There are many other ways you can get help and support. Some of these are free and available to everyone, and for others you may need an assessment, or have to buy the support yourself. Some of these services are described below, but there's more information about the range of services in our Guide to Independent Living (details on page 9).

## **Equipment and Adaptations**

Our team of occupational therapy assessors works with people to make sure they can live safely at home. We give advice about better ways of doing things, getting equipment, moving house or adaptations that make your life easier.

We will talk to you about what you need and how we can help. This can include:

- equipment, such as a bath board or walking frame
- minor adaptations, such as fitting handrails
- advice on how to do things safely in your home or out and about
- advice on moving home, such as to live closer to a relative
- major adaptations, such as a stairlift.

We will work with you to assess your needs to find out if you are eligible for our services. To make sure we have the resources to help everyone who needs it, we provide what is reasonable and practical to meet your needs. Most of the people we work with only need small items of equipment or minor adaptations to regain their independence, which can be arranged quickly. Small items of equipment and some minor adaptations are free of charge to you.

During your assessment we will consider whether your home can be adapted to meet your needs. When the property is not suitable we will talk to you about other options to help you live as independently as possible. If you need major adaptations to your home, we can give you advice about applying for a Disabled Facilities Grant (more details below).

To contact the Equipment and Adaptions Service

- Visit our website, where we have more information and a form you can complete [www.sheffield.gov.uk](http://www.sheffield.gov.uk).
- Call us on 273 4567 (minicom 273 5028).
- Speak to a customer services advisor at our First Point reception at Howden House in the city centre.

Alternatively if you have any questions about our support you can contact an occupational therapy assessor on 0114 273 4709, from 9am to 1pm weekdays.

## **Disabled Facilities Grant**

If you are disabled or an older person and you find it difficult to do everyday tasks, you may be eligible for a grant towards the cost of an adaptation to your home to make life easier. This grant can be used for adaptations that help you to live independently and safely, such as a stair lift, level access shower, hoist, or a ramp.

Contact us for an assessment. We will talk to you about your needs. We will then decide if you need an adaptation. If you are eligible for a Disabled Facilities Grant we will carry out a financial assessment to work out how much you can afford to contribute towards the cost of your adaptations.

You can choose the adaptations we recommend, or talk to your Occupational Therapist about alternative adaptations that you think are more suitable.

There's more information about this in our leaflet 10 Steps to Getting Adaptations.

- Visit our website: [www.sheffield.gov.uk](http://www.sheffield.gov.uk).
- Call us on 273 4646 (minicom 273 5028).
- Speak to a customer services advisor at our First Point reception at Howden House in the city centre.

## **Minor Works Grants for repairs**

If you own your own home, are aged 75 or over and claim state benefits you may be eligible for a Minor Works Grant to help you live independently and safely in your own home. A grant of up to £2,000 may be available to pay for minor repairs such as

- replacing slipped or broken roof slates
- repairing gutters and rainwater pipes
- pointing small areas of brickwork
- repairing or replacing windows and doors
- repairing paths
- repairing damp proof courses
- electrical repairs
- repairs to steps and stairs

We can give you advice on what work is needed, choosing a builder and checking that the work is done to a good standard. There's more information about this on our website: [www.sheffield.gov.uk](http://www.sheffield.gov.uk).

To apply for a grant email [pshcityteam@sheffield.gov.uk](mailto:pshcityteam@sheffield.gov.uk) or call 0114 273 4646.

## Other equipment providers

Ask SARA is a website that offers free advice to help you work out how equipment could help you, and how to buy it. The website is at [www.dlf.org.uk/content/asksara](http://www.dlf.org.uk/content/asksara).

The Sheffield Directory website has details of local organisations that may be able to help you with equipment and adaptations. Visit [www.sheffielddirectory.org.uk](http://www.sheffielddirectory.org.uk).

## Health and Housing Team

Our Health and Housing Team can give you advice on how to live safely in your home. If you have a health condition or impairment that makes it difficult to live in your home we can consider giving you medical priority for rehousing, so you can move to a more suitable home. You may need help because

- you have severe mobility problems and can't reach essential facilities in your home
- you need to live closer to a carer for essential support with daily living
- you have significant mental health or other health problems that are caused or made worse by your housing, and this can be resolved by urgent rehousing.

We can give you advice about

- support so you can remain in your home, including adaptations
- support to help you move home, including urgent medical priority rehousing.

For more information or to apply email the Health and Housing team at [healthandhousingneeds@sheffield.gov.uk](mailto:healthandhousingneeds@sheffield.gov.uk) or call 0114 273 5522.

## Housing Support

If you need help to settle into a new home, or to stay in your present home you may be eligible for housing related support. This support is for home owners and tenants, with help for up to six months to:

- access benefits or grants
- access work, training and education or volunteering
- budget your money
- address isolation
- get furniture for your home

- improve your health and wellbeing
- understand your rights and responsibilities as a tenant
- get your landlord to carry out repairs
- access a handyperson service to fix things.

Services help you to work out your housing related support needs, and agree a Support Plan with you to achieve your goals.

We fund services to help people with different support needs, including young people, older people, homeless people and people experiencing domestic abuse.

You can find details of supported housing services on the Sheffield Directory website [www.sheffielddirectory.org.uk](http://www.sheffielddirectory.org.uk).

## **City Wide Care Alarms**

Anyone over 18 years old who lives in Sheffield can use our emergency care alarm service. You may feel you need it because you live alone, are at risk of falling, have recently come out of hospital, have a medical condition which requires urgent attention, are at risk of violence or simply feel vulnerable.

City Wide Care Alarms could help you remain safe, secure and independent in your home. We offer you a personal care alarm that puts you in touch with specially trained staff at our emergency call monitoring centre.

We are currently the only service in Sheffield to also provide professional support workers, who can respond in an emergency, at any time of the day or night, 365 days a year, (which can help relieve stress on friends, neighbours and family). Our support workers are specially trained and carry equipment, so they can provide professional emergency personal care and safely help people up off the floor if they have fallen.

You can also add extra sensors to your service. These monitor certain situations and automatically raise an alarm in the property and at the call monitoring centre. These can provide additional security and support, for example, for people who may be at risk of falling or who may have dementia.

Our staff can advise on the suitability of these alarms in individual cases. You can also find out more by arranging a demonstration of the alarms, or watching some short films on our web site, which show examples of alarms in use.

The City Wide Care Alarms service, including installation, monitoring, our 24 hour support worker response, maintenance and replacement batteries, starts from £4.93 +VAT per week. There are charges on top of this for additional alarms or for equipment which uses mobile phone technology instead of a landline.

People leaving hospital or Intermediate Care and who have not had the service before, can have a free six week trial of the general service (i.e. excluding any additional sensors).

You can apply for the alarms service on our website at [www.sheffield.gov.uk](http://www.sheffield.gov.uk) or emails us at [citywidecarealarms@sheffield.gov.uk](mailto:citywidecarealarms@sheffield.gov.uk), or call us on 0114 242 0351 (Office opening hours are 8.45 am to 5.15 pm Mon – Thurs and 8.45 am to 4.45 pm on Fri).

## **Sharing Lives**

Sharing Lives supports independent living for adults by providing trained and approved carers for people who need extra support to live as independently as possible.

Sharing Lives is for people who:

- have a learning, physical or sensory disability
- have mental health needs
- are struggling to cope
- want support with daily living skills
- require support to access the community.

Anyone living in Sheffield who is over 16 and needs extra support can be referred to Sharing Lives.

If you think you need support from Sharing Lives, please contact Sheffield City Council's First Contact team on 0114 273 4908 to check you are eligible.

Depending on your circumstances, you may have to contribute towards the cost of the support you receive. We will always discuss this with you before you receive any support.



## **Flexible types of care and support**

Care and support is offered by Sharing Lives carers in different ways, designed to suit your needs. This can include

- Befriending. A carer spends time with you, to help or accompany you to do the things you like to do. This can be shopping, visiting places, going swimming or for a walk, or a trip to a cafe or pub.
- Sitting service. A carer provides care to you in your own home.
- Day care. A carer provides care during the day, either in their home, your home, or out and about in the community.
- Breaks. You stay with a carer, either as emergency respite, a planned short break, or a long term placement where you live with a carer and their family.

For more information see the website [www.sheffield.gov.uk](http://www.sheffield.gov.uk), phone (0114) 2735275 or e-mail: [sharinglives@sheffield.gov.uk](mailto:sharinglives@sheffield.gov.uk).

## **Tell us what you think**

If you have a suggestion, comment or complaint about any council service you can tell us what you think:

- Telephone: (0114) 273 4567.
- Website: [www.sheffield.gov.uk/tellus](http://www.sheffield.gov.uk/tellus)
- Write to: Customer Services, Sheffield City Council, Town Hall,  
Pinstone Street, Sheffield S1 2HH.

## **Where can I get more information?**

Our Guide to Independent Living in Sheffield has lots of useful information about services and organisations that can help you stay independent for as long as possible. Contact us for a printed copy, or download the guide from our website [www.sheffield.gov.uk](http://www.sheffield.gov.uk).

There's lots of useful information about voluntary and community organisations and the services they provide on the Sheffield Directory website:

[www.sheffielddirectory.org.uk](http://www.sheffielddirectory.org.uk).

If you have a question about this factsheet, want a printed copy to be sent to you, or want to speak to someone, you can contact us.

Factsheets can be downloaded from our website: [www.sheffield.gov.uk/factsheets](http://www.sheffield.gov.uk/factsheets).

Information can also be provided in alternative formats and other languages on request.

- Getting care and support
- Help for carers
- Children's Transition to Adult Social Care
- Independent Advocacy
- Planning and organising your care and support
- Help with travel
- Paying for your care and support at home
- Paying for your care and support in a residential or nursing home
- Managing your finances
- Managing your Direct Payment
- Disability Related Expenditure
- Deferred Payments
- Personal Assistant Handbook
- Reviewing your care and support

## **Contact us**

- Email: [adultaccess@sheffield.gov.uk](mailto:adultaccess@sheffield.gov.uk)
- Telephone: 0114 2734908
- Write to: First Contact, Howden House, Union Street, Sheffield, S1 2SH