Reablement

Easy Read fact sheet

This leaflet tells you about the Reablement Service and how they can help you.

The Reablement Service gives short term support to help you stay independent.

Who can get help from the Reablement Service?

You may get help from the Reablement Service after a stay in hospital.

Your GP or someone working with you may suggest you need help from the Reablement Service.
How the Reablement Service can help you

A member of the team will talk to you about the help you need and what you would like to achieve.

You may need help with:

- Personal care
- Cooking
- Taking your medication

They will write a reablement programme for you.
How long will I get help for?

You may get help for a few days or a few weeks.

You may get less support as you start to do more things for yourself.

The team will stop working with you when you can do the things you want to do.

If you need more care and support

We will do an assessment to find out what help you need.

An assessment is when someone looks at the things you can do and the help and support you need.
You may have to pay towards the cost of this support.

The Reablement Team can tell you more about this.

**Equipment to help with daily living**

You may be offered equipment to help you with daily living tasks.

You do not have to pay for the equipment.

The Reablement Team can tell you more about the equipment available.
Contact us

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