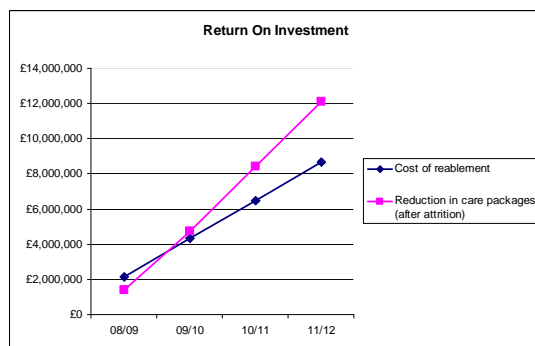


## Reablement and Prevention - *An improved model of support for the era of personalisation – improving outcomes whilst achieving savings*

Reablement is a service model and philosophy designed to encourage and facilitate people to maximise their function and independence, usually after a period of illness or loss in confidence.

Reablement should be seen as an important element of 'Putting People First'.

The model was implemented by Essex County Council in 2008 and in its first year has seen a 70% improvement in service user outcomes (complete independence or a reduced package of care) after an intensive six week programme. This has resulted in significant savings of £3 million in the first year and is set to generate savings of £8 million p.a. by 2012.



**Fig 1 Return on Investment - Our experience in Essex**

The target group can be determined by each authority but it works well for hospital discharge and for people within community settings. It should also ideally be used for people in 'transition' beds to ensure that ongoing placement is the most appropriate. Whilst in Essex the only excluded groups at present are for people with a moderate/significant dementia and palliative care, the use of telecare could facilitate Reablement being available to the majority of people.

The model requires a cultural shift in working style and attitude of the support staff and benefits from the involvement of Occupational Therapists, especially in the early days. Functional scoring throughout the maximum six week package helps to quantify and identify when the stated outcomes have been achieved. Reablement will determine a service user's level of independence before the intervention of traditional domiciliary care support or move to a personal budget and will benefit Council's through a major reduction in level of ongoing purchased care.

The model is adaptable to the individual needs of County Councils and Local Authorities and market conditions with the cost benefit outcomes considerable in helping meet required saving targets and roll out of Personalisation, ultimately providing improved outcomes for service users.

CHS has direct experience of redesigning domiciliary care and assessment services and implementing the changes on the ground to provide a fully functioning Reablement pathway.