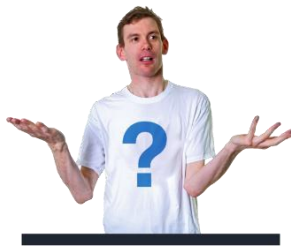


Rehabilitation and Reablement

	<p>You can get a Rehabilitation and Reablement service if you are:</p>
	<ul style="list-style-type: none"> • over 18 years old and you live in Southwark.
	<ul style="list-style-type: none"> • in hospital or at home and you need support to help you:
	<ul style="list-style-type: none"> ○ get better after an illness or injury
	<ul style="list-style-type: none"> ○ live independently at home after a hospital visit
	<ul style="list-style-type: none"> ○ do more at home and stay safe, so that you do not need long term care.



What is rehabilitation and reablement?



This is support provided for a short time at home by trained staff such as a social worker or support worker.



Our **rehabilitation and reablement service** may help if you:

- are disabled



- have poor health



- are leaving hospital to go home



How rehabilitation and reablement could help you?

The service will:



- help you to live more independently at home



- build on the skills you already have



- work with you to reach your personal goals, such as having a bath.



How can I get rehabilitation and reablement?



There are 2 ways to get support:

- the hospital discharge team can suggest you get this service



- you can ask for an assessment under the Care Act. (see our page [‘can we help with your care and support needs’](#))



How long does the service last?

Support is provided for **up to 6 weeks**. It may be **less than 6 weeks** if:



- you have reached your personal goals, such as cooking for yourself.



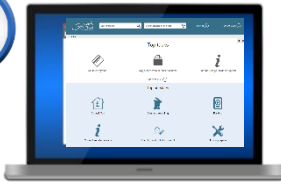
- you **cannot** reach your personal goal.



- the support **does not** help your illness or disability



If you need support for more than 6 weeks, we will carry out another **assessment** under the Care Act 2014.



For more information go to our page [can we help with your care and support needs](#)



What does rehabilitation and reablement cost?



This service is **free** for up to six weeks.