

# Occupational Therapy Reablement Service

Northern Health and  
Social Care Trust



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and Social Care Trust

## Presentation will cover:

- Link between Reablement and Occupational Therapy
- Drivers for Reablement
- Planning the Service – NHSCT
- Specific role of Occupational Therapy within Reablement

# Reablement and Occupational Therapy

## Reablement is described as

“...a person centred approach which is about promoting and maximising independence to allow people to remain in their own home as long as possible. It is designed to enable people to gain or regain their confidence, ability and necessary skills to live independently, especially after having experienced a health or social care crisis such as illness, deterioration in health or injury.”

- “The aim of Reablement is to help people perform their necessary daily living skills such as personal care, walking and preparing meals, so that they can remain independent within their own home.”

# **A standard definition of Occupational Therapy describes Occupational Therapists as:**

“...working in a person centred way to maximise an individual’s ability to function within their home environment and carry out activities and occupations which are meaningful and purposeful to them”

“Occupational Therapists assist people to reach or maintain their maximum level of function and independence in all aspects of daily life and thereby improve their quality of life.”

# Drivers

- Policy emphasis from providing care to promoting independence
- Increase in demand – ageing population
- Need to reduce costs against growing demand
- Transforming Your Care

# Planning the Service

## Introduction of Occupational Therapy

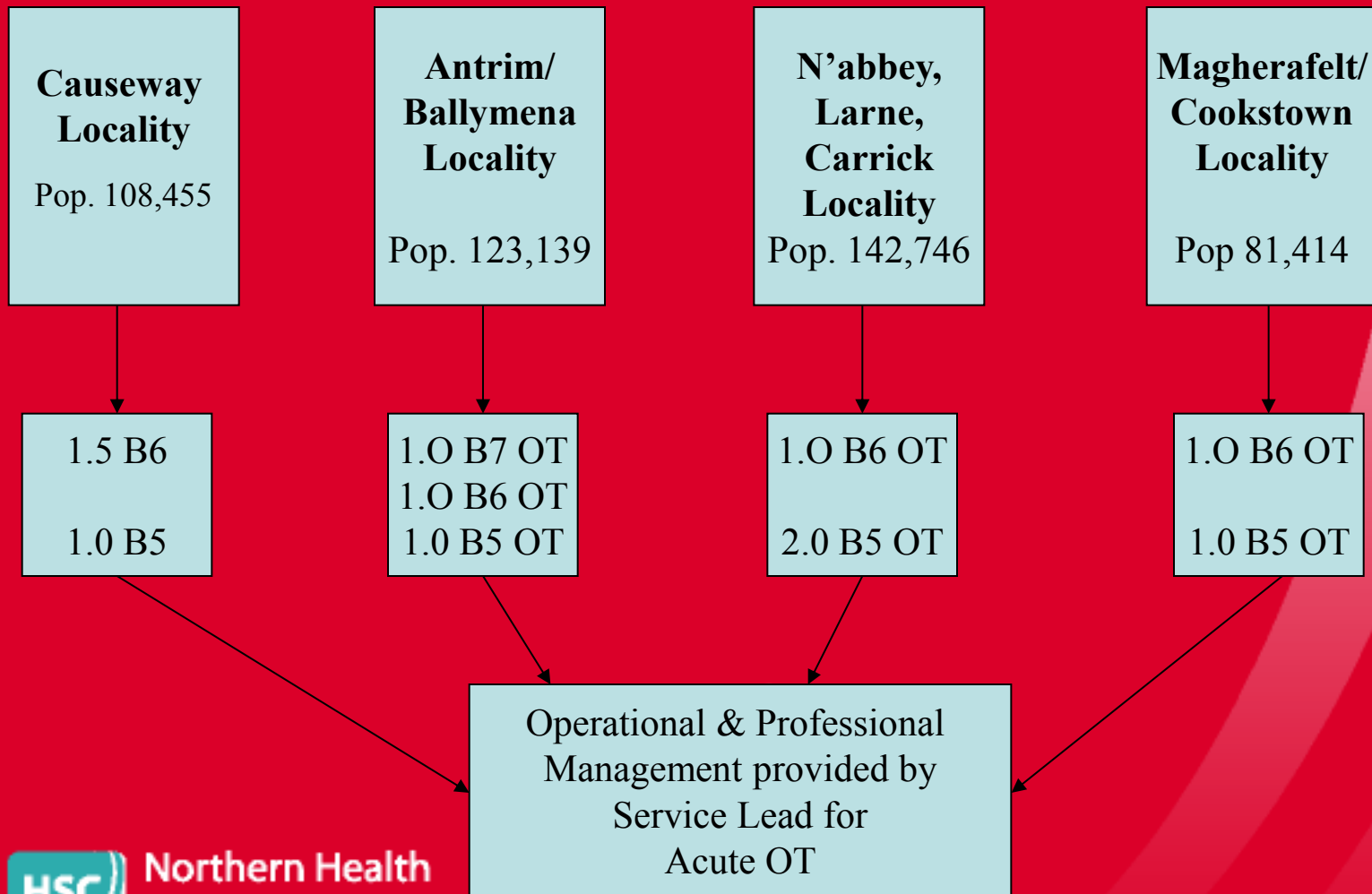
- Staffing
- Developing Pathways
- Preparation for Implementation



# Staffing

- NHSCT Population – 456,354
- NHSCT Structure – 4 localities
- FSL – 10.5wte Occupational Therapists

# Occupational Therapy Staffing Structure



# Pathways

- Acute Hospital Pathway
- Community/Regional Hospital Pathway

# Pathways – Key Points

- Stakeholders
- Maximising Independence Plan
- Outcome Measures

- Joint Working with Named Worker
- Joint Working with Homecare Staff
- ENISAT

# Preparation For Implementation

- Homecare Worker Training
- Information/Awareness Sessions
- Community and Voluntary Service Workshop
- Service Evaluation

# Summary of OT Role

- Carry out comprehensive, client centred assessment
- Use standardised assessments to measure improvement and outcomes
- Identify and record client centred goals (Maximising Independence Plan)

- Plan and deliver a range of interventions
  - PADL
  - Meal management
  - Therapeutic activities
  - Risk Management
  - Medication Management
  - Fatigue and anxiety management
  - Confidence building
  - Provision of equipment, environmental adaptations and assistive technology



- Work closely with Homecare staff in the delivery of the reablement programme and provide necessary training
- Provide timely and regular reviews and provide updates for named worker
- Work closely with named worker in identifying appropriate exit strategies

# Evidence

- Key Performance Indicators
- Outcome Measures

**Thank You**

**QUESTIONS?**