

PR 4617

For Immediate Release

06 September 2011

New service helps South Lakes residents recover from injury or illness

People in South Lakeland who are recovering from injury or illness will get help regaining their independence thanks to a new service from Cumbria County Council.

The county council's Adult Social Care department has launched Reablement - a free scheme aimed at helping those who need assistance following disability, illness, injury or loss of their personal support network.

Lasting for a short period of time - usually no longer than six weeks - Reablement will work with them and their carers to focus on their strengths and abilities and help build up their confidence in doing things for themselves including:

- Getting up, washed and dressed
- Preparing meals and snacks
- Taking medication
- Getting around in and out of the home
- Doing household tasks such as shopping and laundry
- Getting involved in social and leisure activities.

The service is currently available to people in South Lakeland and will be available across the county in the coming months.

People may be eligible for support if they are over the age of 18 who either live at home or would be able to live at home with support or those who will be able to regain at least some of their independence after receiving the service. Carers may also be eligible for support to help them continue to look after someone.

People who are interested in the scheme should get in touch with their local Adult Social Care office. If they think Reablement may be able to help the team will meet with them to discuss

The Reablement Service includes:

- Reablement workers and supervisors from Cumbria Care.
- Occupational therapists
- Social workers and other professionals such as nurses and rehabilitation officers.

A plan is put together for each person making use of the service in order to identify a programme that is tailored to the individual's needs.

Once Reablement is complete, it is hoped that the aims of the plan will have been achieved and that the person in question feels more confident and able to do things for themselves.

Cllr James Airey, Cumbria County Council's Cabinet member for Adult Social Care, said: "Reablement is an excellent new service that will help give people their independence back by building up their confidence and showing just what they can still achieve with a little bit of help, support and guidance.

"I'm sure many are going to benefit from it and I'd urge anybody who qualifies and thinks they could be helped to make use of this fantastic scheme."

Cumbria County Council's Adult Social Care department in Cumbria can be contacted at County Offices, Kendal, LA9 4RQ, telephone: 01539 713377 or email kendalssd@cumbria.gov.uk

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