



London Borough of Barnet
Enablement

Are you...

- Recently discharged from hospital?
- Recovering from a fall or a period of unwellness that has set you back a bit?
- Experiencing some difficulties getting back to doing the things you love doing?

Our **enablement programme** gives you a short period of light help, designed for your situation and individual needs. Working with you we will support and encourage you to regain your independence and enable you to get back to doing the things you love.

What is Enablement?

Enablement is a service for people who are being discharged from hospital and who would benefit from a short period of **light assistance/encouragement** once back home to help them gradually resume daily tasks and activities. Enablement can last **up to six weeks but usually ends within 2-10 days** depending on your progress and recovery.

You might find enablement helpful if you were managing on your own before and have lost some confidence to care for yourself due to a fall or an illness.



Together with you, **Barnet Adult Social Care** and **NHS staff** will make arrangements so that when you leave hospital you can go home with reassurance and peace of mind. We will make sure that you have the right level of help in place just when you need it, and that the service is targeted at helping you regain your confidence and skills. We'll design your support for your unique **situation** and **needs**.

We will work with you to help you identify and set your own **personal goals**. For example, you may want to work towards being able to make a meal for yourself. The goals set will be very personal to you.

Where possible, we will support you to get back to doing the things that are meaningful to you and that you love doing. We might support you to make small changes in the way you do things or recommend small aids/adaptations to the way you carry out tasks, so that you can get back to living independently.

Professionals such as **therapists, social care staff and support workers** may also be involved in helping you make decisions about what support might be best for you at home, but they will always be your decisions.



Our Enablement staff will be **alongside you** when undertaking tasks, providing just the right level of support and encouragement as needed. Over time, as the enablement progresses, we will help you to achieve tasks by yourself, rather than doing them for you, so you must be prepared to take part.

Our Enablement provision can last just a few **days** or may go on for a few **weeks** following hospital discharge. This will depend on your needs and how you are progressing.

During this time, we will follow up on your **progress** and together with you, we will discuss how you are managing. This may involve phone calls and coming out to see you in your own home.

What happens when I've reached a point that I am doing things for myself and no longer need this help?

Our overall aim will be to help you get back as much of your **independence** as possible - that is what Enablement is all about. When you no longer need this support and can manage on your own, then the service will have achieved its goals and come to an end. Afterwards, we may ask you for some **feedback** about your experience of our service, so please do tell us if you are asked.

Are there any charges for this service?

No, there is no charge whilst having Enablement (a short-term period of light support in the home **up to six weeks**). We have offered you Enablement as we have assessed that you have the potential to become more independent, and you are working towards achieving goals which have been agreed together with yourself, social care, and NHS staff.

What happens at the end of my period of enablement?

Enablement staff will regularly communicate with social services to track your progress throughout your enablement journey. If no ongoing support is needed, your **enablement will end without formal review**. At the end of your enablement support at six weeks, if ongoing care and support is needed, new



arrangements will need to be made. You will be **financially assessed** and receive a financial assessment form, potentially requiring a contribution for long-term care and support. For more information about financial assessments please visit:

www.barnet.gov.uk/carefinance

Useful Contacts for you:

Age UK Barnet: 020 8203 5040

Telecare Enquiries:

Connect.Barnet@medequip-uk.com
Office / Referral line: 020 8059 0807

NRS equipment collection and delivery arrangement enquiries:

enquiries@london.nrs-uk.net
0300 100 0253

Barnet Carers Centre: 020 3995 1909
or admin@barnetcarers.org

Citizens Advice: 0808 250 5708

Care Home Selection

www.carehomeselection.co.uk
0808 175 3609
enquiries@chshealthcare.co.uk

Social Care Direct, London Borough of Barnet: 020 8359 5000

Privacy Notice:

Barnet's Adult Social Services provide information, advice, and support for individuals and their carers who:

- have a physical and/or sensory impairment
- have learning difficulties
- have mental health support needs
- are over 65 years and need support
- care for a friend or relative or need support to keep people safe

Under the Care Act 2014, we must carry out assessments for anyone who appears to require care and support, regardless of their likely eligibility for state-funded care. For more information on Barnet's privacy



notices and how we manage your information visit: www.barnet.gov.uk/adultsprivacy