



Making a difference, every day.



## BON ACCORD CARE

**Enablement and Reablement Approaches Leaflet**



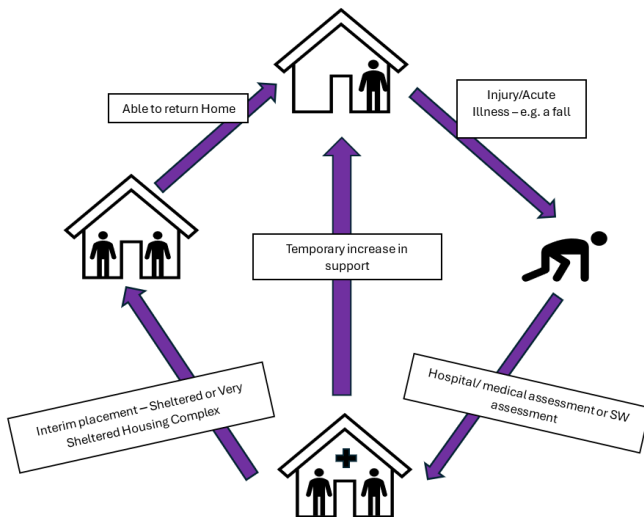
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## Reablement

Reablement is a person-centred approach within the health and social care that helps individuals to learn or re-learn the skills necessary to be able to engage in activities that are important.

### Benefits of Reablement

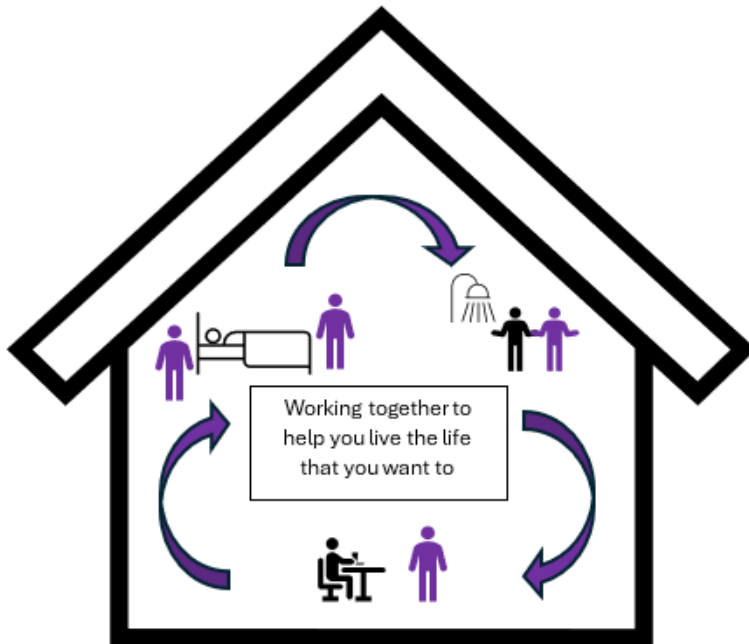
1. Support our service users to gain confidence and independence.
2. Support to increase their safety within their home, environment, to engage more actively within their community and learn to live and adapt to changes in their abilities.
3. May also reduce the need for long term services in the future.
4. Supports individuals to remain more active, and with this comes further benefits to their physical, psychological and social wellbeing.



**Reablement** is promoting independence by agreeing on goals to improve function or re-learn skills that have been lost through illness. This is a short term intervention that is generally led by a Health Professional, and once goals are met, enablement is utilised to maintain these skills.

## Enablement

Enablement is a whole system approach that is focused on the individual, their capabilities and improving people's health, wellbeing and overall independence by ensuring that they are engaged and active participants in the support that they receive.



Enablement is promoting independence on a daily basis and supporting people to maintain their levels of function and ability – It is an ongoing approach that we expect all staff to utilise daily.

Bon Accord Care is a key provider of social care services, supporting individuals, with a range of needs and their families living in Aberdeen.

We deliver a range of commissioned adult social care services to the people of Aberdeen, which include residential, non-residential, care at home, rehabilitation, equipment and adaptations, day care, respite, occupational therapy, reablement, telecare and a community responder service. These services are predominantly for older people although Occupational Therapy and the Joint Equipment Service provide support to all age ranges within the community.

We strive to create positivity in every day experiences for the people we support; helping them to reach their full potential and lead independent lives. We have an important role to play in enhancing lives and wellbeing; what we do matters. Bon Accord Care continues to be at the forefront of providing flexible and sustainable services to meet the growing needs of an ageing population.

To achieve this, we work collaboratively with our key partners Aberdeen City Council and Aberdeen City Health and Social Care Partnership, continually aligning with their priorities, to meet the agreed outcomes of those we support.



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