

## **Slough Recovery Rehabilitation and Reablement Service**

Office Hours: 01753 476590

Out of Hours: 01753 475111 Option 1

Slough Recovery, Rehabilitation and Reablement Service (RRR) provides short term, intensive support to ensure you are supported to live independently following a period of illness or disability, or a time when you may have lost some confidence.

The RRR team within Slough Borough Council will work jointly with you to establish a goal plan which will be in place for up to a maximum of six weeks (although this is often shorter).

The plan will provide you with rehabilitation, support and therapy to improve your current abilities at home and will work with you to set realistic goals for improvement. The goals will vary depending on your individual circumstances but will be focused on helping you to remain in your own home as independently as possible.

### **How does RRR work?**

- The RRR team includes Physiotherapists, Occupational Therapists (OTs), Occupational Therapy Assistants and Reablement Assistants. The team are part of Social Services, and work closely with local hospitals, GPs and community health services.
- A Therapist from the RRR team will contact you at home following a referral. This could be from the hospital or from the community.
- Your personal goal plan will be discussed and agreed following your assessment. The plan will describe the support you require and make it clear what you hope to achieve.

- Your progress will be regularly reviewed. As you become more independent, the level of support will gradually be reduced.

### **What Types of support can the RRR service provide?**

- The RRR team will work with you to regain your daily living skills and support **your independence**.
- The approach will be to '**do things with**' rather than '**do things for**' you.
- Reablement Assistants from the RRR team will **work with you** to achieve your goals - this could be support with your washing and dressing, being able to prepare meals and snacks or improving mobility.

The RRR service will try to accommodate your preferred times for visits. However, as it is a very busy service this can not always be guaranteed.

### **How long does the RRR Service last?**

When you have achieved your agreed goals your service will finish. The RRR service can provide support for up to a maximum of six weeks.

### **What happens after the RRR team's involvement?**

If it seems likely that you will need on going support the RRR team will arrange for a social worker to discuss this with you.

### **Will I be charged for The RRR service?**

You will not be charged for the first six weeks of the service.

If you require ongoing care support following the reablement period, a financial assessment will be undertaken before the end of the six week period.

The outcome of this financial assessment will determine if you have a financial contribution.