



Reablement Services in Gloucestershire

Supporting you to get back to everyday life

May 2026



Gloucestershire
COUNTY COUNCIL

What is Reablement?

Reablement is a short-term service that helps you get back to doing everyday tasks. This is often after illness, injury or a hospital stay.

The aim is to help you **build confidence, strength and skills** so you can live as independently as possible.

The reablement service has two parts:

- Occupational Therapists and other adult social care staff employed by Gloucestershire County Council
- Local service providers commissioned by the council, who visit you at home.



Who is the service for?

Reablement is for people in Gloucestershire aged 18 and over who:

- have had a change in their ability or independence, and
- are likely to improve and regain skills with short-term support.

What does it involve?

A member of the reablement team will visit you to talk about your day-to-day life and what you would like to get back to doing. Together, you will agree goals and make a plan to build confidence and help you to return to your usual routines.

The team will work with you to undertake everyday tasks, check how things are going, and change support as needed until you reach your best level of independence.

How long will it last?

Reablement is a short-term service. It usually lasts **between one and six weeks**, depending on your needs.

Your progress will be checked regularly. As you grow more confident and independent, support will gradually reduce.

How is reablement different to care?

- Reablement is short-term support that helps you practise everyday tasks. Staff work **with you** so you can be as independent as possible, following a simple Goal Plan
- Care is usually long-term support for ongoing needs. Staff do things **for you**, such as personal care and everyday tasks, based on a Care Plan.

What time will my visits be?

Visits take place **7 days a week**, between 8am and 10pm. Your visit times will be agreed with you, and the service provider will do their best to arrive as close to those times as possible.

Will I be charged?

Reablement is **free** while your needs are being assessed. Before the service ends, we will talk to you about what support you may need next. If you require ongoing support, you may be asked to contribute towards the cost.

If this applies, the council will carry out a financial assessment. This is explained in our Paying for Adult Social Care booklet, available on our website: www.gloucestershire.gov.uk/paying-for-adult-social-care

What can you expect from us?

We will:

- support you to become more independent by working on everyday tasks such as getting up and dressed, cooking, housework, and moving safely around your home
- put you in touch with local services and community support
- work with you to organise any support you may need in the future
- involve you in decisions - and, with your permission, include your carer or family
- treat you with dignity, kindness and respect
- talk about any equipment or technology that could make your everyday life easier.



Keeping adults safe

Adult safeguarding is about making sure people can live safely, without abuse or neglect.

If you are worried about yourself or someone else:

- In an emergency: call 999
- For non emergency police matters: call 101

To report concerns about abuse or neglect:

- Adult Social Care Helpdesk:
01452 426 868 (8am-5pm, Monday-Friday)
- Out of Hours Emergency Duty Team: 01452 614 194
- Email: socialcare.enq@gloucestershire.gov.uk

What if I am not happy with the service?

We want to get things right and welcome your feedback.

If you have a concern about the service:

- talk to your reablement worker, or
- ask to speak to their manager.

Most concerns can be sorted quickly this way. If this is not possible, you can make a formal complaint. Visit our website to find out how:

www.gloucestershire.gov.uk/complaints-ASC

How to contact us

At your first visit, you will be given contact details for the person coordinating your support.

You can also contact the Adult Social Care Helpdesk:

- 01452 426 868 (8am-5pm, Monday-Friday).

www.gloucestershire.gov.uk/adult-social-care

