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## Reablement through the Community Outreach Service

The outreach service provides 1:1 support to individuals in their own homes, local environments and communities. The aim of the outreach service is Reablement i.e. supporting people to achieve optimum independence and to maintain their social care environment. The service is person-centred therefore the goals vary between each client according to their individual needs. Our philosophy is to work *with* the client rather than *for* the client to assist them to achieve their individual goals.

All staff comply with the Lone Working policy and carry out the appropriate risk assessments. The service is registered with the Care Quality Commission (CQC) and in March 2013 and January 2014, we received unannounced CQC inspections where we met all the standards in each of the domains.

Clients receiving the service are funded either by Adult Social Care, the NHS, via compensation packages or private funding.

The level of input varies according to need and available funding and this may range from 2 hours per month to 15 hours per week.

We work with clients to achieve their individual goals which will vary, however most of our clients will require some input in the following areas:

- Emotional support
- Education and increased awareness of acquired brain injury and its effects
- Motivation
- Empowerment
- Organising and planning skills
- Signposting to other support networks and social networks
- Communication skills
- Decision making skills

Specific goals may include:

- Budgeting and debt management
- Cooking, meal preparation and healthy eating ideas
- Shopping
- Forming routines: weekly and daily planning
- Using public transport
- Prompting medication
- Exercise
- Correspondence (paperwork and phone calls)
- Housework and housekeeping
- Researching and support with college courses or volunteering
- Appointments (arranging and supporting attendance)

For more information, please contact the Outreach Team on the number above or email [georgina.baker@headwayeastsussex.org.uk](mailto:georgina.baker@headwayeastsussex.org.uk) or [tracey.jerrey@headwayeastsussex.org.uk](mailto:tracey.jerrey@headwayeastsussex.org.uk)

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Affiliated to Headway UK  
The Brain Injury Association  
A registered charity

Patron: Baroness Julia Cumberlege  
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