

Kent Enablement at Home

Support to be safe and independent at home



Intensive and short term support to help you lead as independent and fulfilling life as you can, in the way that you choose.

www.kent.gov.uk/careandsupport



Kent Enablement at Home (KEaH) provides a service that supports you to be as independent as you can be, by understanding your strengths and helping you feel safe and confident in your own home.

What is enablement?

Enablement is a short-term service that aims to encourage and support you to lead as independent and fulfilling a life as you can, in the way that you want, by supporting you to learn or re-learn skills and daily life tasks.

How does enablement work?

The KEaH team will work with you on the areas you would like to focus on.

Examples could be helping regain someone's confidence following a fall, providing guidance in the preparation of meals following a change in circumstances or reconnecting someone with social activities they enjoy.

Our team may also identify equipment that could assist you with independent living.

What are the benefits?

Enablement assists you to return or remain at home. It is not about doing things for you, but working with you on the skills that you feel are most important in your day to day life, supporting you to look after yourself confidently and maintain your preferred level of independence.

How can we work with you?

KEaH can support with things like:

- getting in or out of bed
- washing
- dressing
- preparing meals
- eating.

What can I achieve through enablement?

Your enablement plan is tailored to you and your needs. At the start of the programme, our KEaH workers will talk to you about what you want to achieve, include it in your plan and review it regularly with you.

It is important that what you want to achieve meets the identified needs you have and is realistic. For example, regaining confidence to get in and out of the bath or

regaining mobility to walk to the shops or visit friends and neighbours after a fall.

Where does enablement take place?

This takes place in your home. All KEaH workers are fully trained, have had criminal record checks and carry Kent County Council (KCC) identification.

How long is the service provided for?

Enablement may last up to six weeks but depending on your progress, is likely to be much shorter. During the programme of enablement, the service is free.

What happens when my enablement programme starts?

KEaH administrators will contact you to arrange a start date and once this has been confirmed we will arrange for a supervisor to visit you to assess how the KEaH service can best support you. They will carry out any necessary risk assessments to help you feel safe.

Sometimes, to ensure that we can begin working with you as soon as possible, one of our enablement support workers may visit you

to deliver our service before the supervisor meets you. Our support workers are trained to deliver care in such circumstances, but please note that any task that requires a risk assessment will not be provided until the supervisor visits you. We aim for this to be within 72 hours of you starting your service with us.

What happens when my programme ends?

When your enablement programme ends, you will have an end-of-service assessment with one of our supervisors, which will show how you have progressed during your time with KEaH.

Most people find that they can manage very well on their own or with a very low level of support once they have worked with an enablement service.

If your end-of-service assessment shows that you require ongoing social care support, options of how this can be offered will be discussed with you. There is a charge for most ongoing services, and a charging booklet will be given to you as part of that discussion.

If after your period of enablement, there is a delay finding a suitable care agency that suits your ongoing

social care needs, KEaH will become a chargeable service after five working days from your final assessment. If this is the case, we will discuss this with you at your final assessment and as part of this we will check to see if you are eligible for financial support.

Sometimes after a period of enablement, it may be determined that you do not need further social care support, but that you may require support from the NHS with your health. In this circumstance the KEaH team can recommend equipment to assist you and will write to your GP so that they can help you.

How do I request enablement?

We are unable to take referrals directly from the general public, however, referrals can be accepted from other points of contact, such as NHS hospitals, prior to discharge. If you wish to be referred to KEaH, the contact details are below.

Visit Kent County Council's website:
www.kent.gov.uk/careandsupport

Call 03000 41 61 61 (if you live in Kent) to speak to the KCC Contact Centre or outside of normal working hours, KCC out of hours service: 03000 41 91 91.

A text relay service is available for deaf, hard of hearing and speech impaired customers and is available 24 hours a day, seven days a week on: 18001 03000 41 61 61 email social.services@kent.gov.uk

Details of other organisations that also provide an enablement service are available, however they may charge for their service, which they should discuss with you.

Alternative versions of this leaflet can be made available on request.