

Kent County Council

Your guide

Kent Enablement Support

Working with you to achieve your goals

November 2024

www.kent.gov.uk/careandsupport



What is Kent Enablement Support?

Kent Enablement Support (KES) is a short-term service designed to help you achieve your personal goals and enhance your independence at home and in the community.

This service is free for the period of enablement. And is available to individuals aged 18 and upwards who are living with learning disabilities, autism, mental health, physical disabilities, and older people who have social care needs.

KES provides four pathways of enablement:

- **Self-Directed Support:** Signposting to the KES help desk for information and advice on support services, charities, and local groups.
- **Community Support:** Up to eight weeks of support, reviewed at four weeks.
- **Intensive Intervention Support :** Up to four weeks reviewed at two weeks.
- **Hospital Discharge Service:** Covering three Mental Health Hospitals, supporting two weeks in the hospital setting and two weeks in the community.

To decide the best support pathway for someone, we look at their needs, current situation, level of independence, risks, past support, and available resources.

Our Service Offers:

- **Daily Living:** Support with shopping, meal preparation, cooking, household tasks, and budgeting.
- **Employment Support:** Assistance to access employment and voluntary work.
- **Social Engagement:** Reconnecting you with social activities and community events.
- **Travel Training and Community Safety:** supporting to access public transport and wider community, promoting independence and social inclusion.
- **Technology:** Exploring a range of devices to enhance quality of life, peace of mind whilst promoting independence and ensuring timely assistance is available when needed. Digital skills, visual aids and Apps to support your enablement outcomes.
- **Confidence Building:** Encouraging independence and self-reliance.

What is good about Enablement

Enablement support helps you develop or regain the skills needed to manage daily tasks supporting you to live your best life.

Meaningful activities can lead to improved fitness, better mental health, and a greater sense of purpose.

Enablement aims to support you to feel safe at home and in your community.

How It Works:

We start with a Lifestyle Questionnaire to understand your needs and goals.

- We develop an enablement plan with your objectives.
- Our trained staff work with you to achieve your goals.
- We regularly review your progress and adjust the plan as needed.

How to Make Contact:

Referrals to our service are made through the Adult Social Care Connect Service (ASCH).