

# Social Service - Enablement Support

Supporting you to live at home independently





## What is Enablement?

Enablement is a short term support service. It is specially designed for you and is a way of ensuring that you have appropriate help in order to give you confidence to live as independent as possible.

It aims to:

- Enable you to stay in your own home
- Keep or improve your independence and safety in all areas of daily living
- Improve your quality of life

## Who is eligible?

Any adult resident of Gwynedd who meets the criteria for help from social services - see our leaflet “Eligibility Criteria”

**and**

wishes to keep or improve independence in all areas of self care thus improving quality of life in the home and the community


**and**

is medically fit to take part in an enablement programme.

## Who decides if the service is suitable for me?

Firstly an assessment will be carried out by an Assessor from Adult Social Services and agree what support will be most suitable for you. If you are suitable for Enablement support a member of the Enablement Team will visit you to discuss:

- what you would like to achieve

- 
- identify how we will support you to achieve this.

Your enablement programme which will be tailored to your individual needs identifying any difficulties. You can agree on your goals to enable you to regain your skills and confidence with everyday activities such as

- Washing and dressing
- Getting around inside and outside the home
- Preparing meals

During your programme we may suggest you try carrying out some tasks in a slightly different way to make them easier for you to do on your own. We may also suggest that you try using small pieces of equipment to make a task easier.

### **How long will the enablement programme last?**

Programmes normally take up to six weeks to complete, but if you succeed in achieving your goals sooner or if you, together with the enablement team agree, you can stop it earlier.

In exceptional circumstances it is possible to extend your enablement programme.

### **How much will the service cost me?**

All support and care provided through the enablement programme will be free up to the six week period.



## What happens if ongoing care is needed after a free period?

If you require further/permanent care beyond the enablement programme period you will be charged according to Gwynedd Council current charging policy and an appropriate care plan will be agreed with you reflecting this.

Please note that any ongoing care following enablement may be provided through a different home care provider

## How to apply for the service?

Contact the Advice and Assessment team and ask for a needs assessments

Office Hours: Monday to Friday 9.00 a.m. – 5.00 p.m.

**Phone Number: 01286 682888**

**Fax: 01286 682875**

**Minicom: 01286 685618**

**E-mail: [cynghoriasuesuoedolion@gwynedd.gov.uk](mailto:cynghoriasuesuoedolion@gwynedd.gov.uk)**

If you require support outside these hours please contact 01286 675502