



Some of the things we can help you with are:



Washing



Dressing



Going to the toilet



Cooking



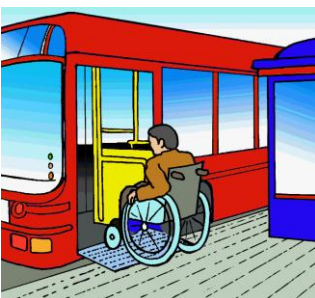
Shopping



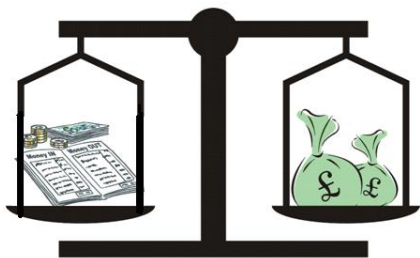
Washing your clothes



Going out



Getting around



Budgeting your money

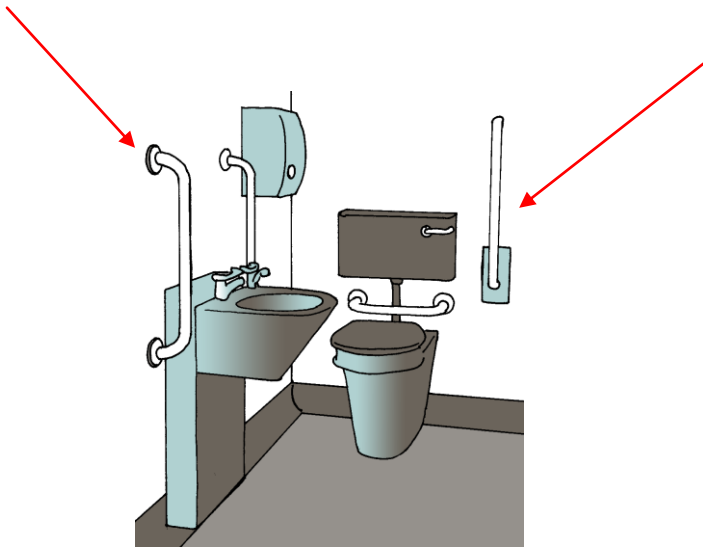


Our staff will teach you how to be safe:

This could be:



When you get out of a chair



When you get on and off the toilet



When you get in and out of bed



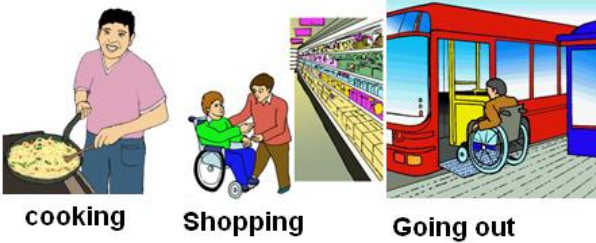
Our staff are called **Support Assistants**



These are staff that come and help you

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
--------	---------	-----------	----------	--------	----------	--------

They can come to support you every day



They help you practise doing things for yourself



## Support Facilitators and Occupational Therapists



They will ask you what you need help with.



You can tell them what your goals are



They will help you make a plan  
This will let **staff know how to support you**

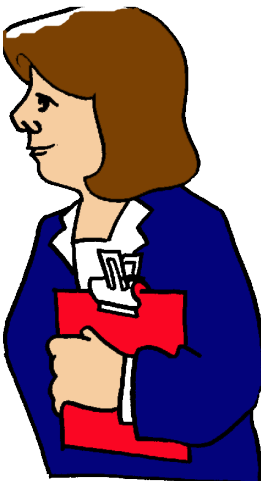




## How do you get the Reablement Service?



When you are in hospital:



A social worker will tell you about the reablement service

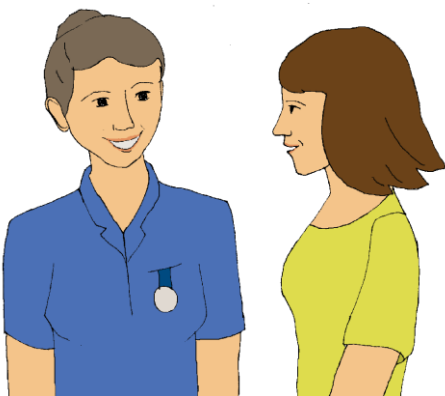
Blah, blah



They will tell you about this before you leave



If you are cared for by someone:



You must speak to your local Community Assessment Team



If you do not know what to do:



You or someone else can telephone Social Care Direct:



**08 45 60 37 63 0**