

# Reablement services for people at risk of needing social care: the MoRe mixed-methods evaluation

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## Plain English summary

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## Plain English summary

When people grow old they sometimes begin to lose everyday living skills and struggle to look after themselves. This happens after they have been in hospital or it can just happen over time. In England, councils and local NHS services try to help people so that they can continue living independently. They do this through a service called reablement. After a careful assessment, workers visit people once or twice per day for around 6 weeks. During these visits they gradually help people to do everyday living tasks for themselves again. Reablement is an important part of the way we look after older people in England, but there is very little research about it.

This study looked at the sorts of reablement services that exist in England, what impact reablement has on people's lives, and whether having reablement means that people use other services more or less. We also talked to reablement staff about working with people with dementia.

We found that reablement services in England vary enormously. They are different in how they are staffed and the sorts of work that they do. Although we cannot draw firm conclusions, it seems that how services are organised and run may affect how well reablement works. People's own characteristics (e.g. their motivation to regain independence; whether or not they live alone) may also have an impact on whether or not reablement makes a difference. The type of reablement service and individual characteristics also seem to influence how many other services people need to use. Finally, staff believe that reablement can help people with dementia, but staff may need to work differently and proper training is very important.

Some of our findings are new and others support the results of other studies. We think that it would be valuable to carry out another study like this one so that we understand even more about reablement.

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