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Care at home

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Blackpool reablement at home service delivers short term targeted support to help people improve their independence and confidence with key tasks in daily life, including personal care, daily living activities and other practical tasks.

Eligibility

Individuals' needs are assessed by an [adult social care](#) or health professional and participants are encouraged to develop the confidence and skills to carry out activities for themselves and continue to live independently and safely in their own home. The approach is to provide a comprehensive and holistic assessment.

Type of support

Support is available to help people when they are discharged from hospital, a residential or nursing home, or to meet the needs of people who are at home to prevent escalation of need.

The support programme is tailored to the needs of the individual, ranging from multiple visits per day to once or twice a week, and will be reviewed regularly as the programme progresses.

Individuals will be helped to develop goals that they would like to meet during the programme and they will be monitored and reviewed every week.

Upon completion of the programme individuals will be supported to consider what support, if any, is required to help them remain as independent as possible.

The service is regulated by the [Care Quality Commission](#).

Contact

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Email: arc.intermediate.care@blackpool.gov.uk

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