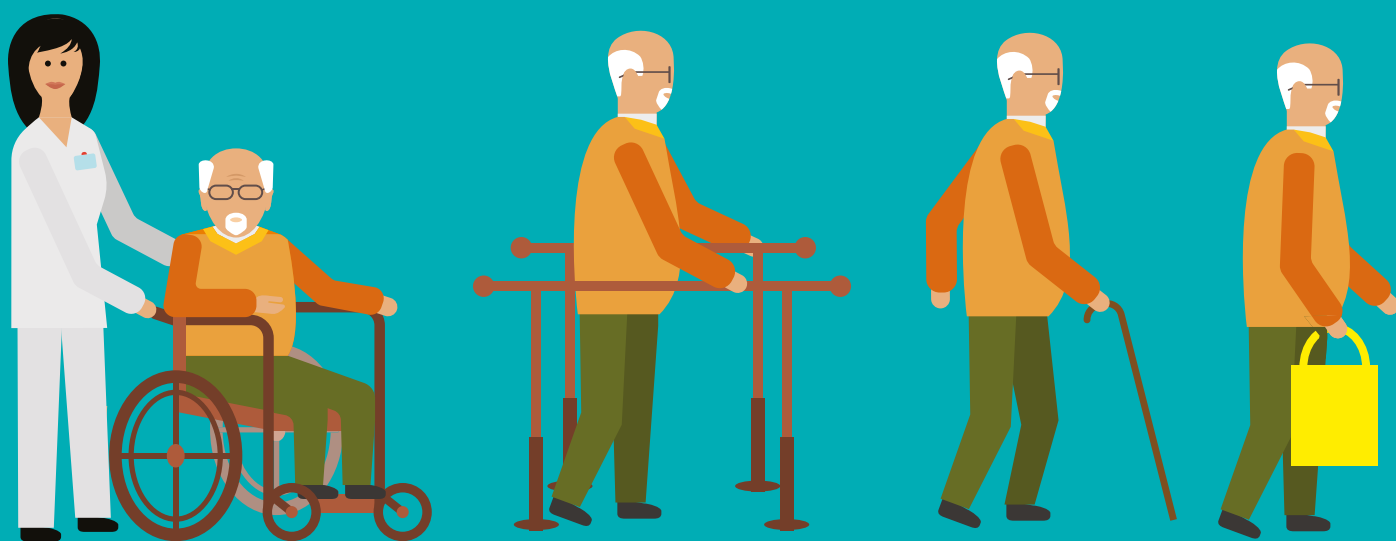


Understanding intermediate care, including reablement

A quick guide for people using intermediate
care services



*Intermediate care services help
people recover, regain independence
and remain at home*

Intermediate care services provide support for a short time to help you recover and increase your independence.

This support is provided by a team of people, who will work with you to achieve what you want to be able to do. Intermediate care may:

- Help you remain at home when you start to find things more difficult
- Help you recover after a fall, an acute illness or an operation
- Help you avoid going into hospital unnecessarily
- Help you return home more quickly after a hospital stay



Four stages of intermediate care – what to expect

1. Before it starts

- An assessment by a professional, that takes into account your abilities, needs and wishes
- Involvement, with your family if you wish, in decisions about intermediate care, including whether it will be suitable for you and which setting it will be provided in
- Information about advocacy services (an advocate is someone to support you to speak or who speaks on your behalf)



2. At the start

- A quick start to the service, which could be within a few hours for crisis response, or a few days for other settings
- Information about the service and what will be involved
- Support to plan what you are aiming for (your goals) and how to reach them. These discussions can include your family and carers if you wish
- A copy of the goals you have agreed to work towards in a format that suits you
- Help to think about any activities that might be risky, and to decide what support you need
- The opportunity to ask questions

3. While you are receiving the service

- Support from a range of people, including therapists, to help you towards your goals
- How long the service lasts may change, depending on the progress you make
- Any information you need to help achieve your aims, written in a way that makes sense to you
- Day to day entries in your intermediate care diary to record the support you have received and your progress
- Information about who to talk to if you have any questions or concerns

4. At the end of intermediate care

- A plan for transferring to another service, if you need ongoing support
- Information about other types of support available
- Information about how to refer yourself back to the service, if you need to



The intermediate care team

Intermediate care services are usually provided by a mix of health and social care professionals with a range of different skills. The team might include nurses, social workers, doctors, and a range of therapists:



Occupational therapists help you to work out how to manage everyday activities more easily and independently



Physiotherapists help you to improve your movement and physical activity



Speech and language therapists help you if you have difficulty with communication, or with eating, drinking and swallowing

Care home staff may be involved if the service is provided in that setting, as may **home care staff** for people receiving intermediate care at home.

Further information

[Intermediate care including reablement](#) – NICE guideline

[Intermediate care and reablement](#) – Age UK

[Your care after discharge from hospital](#) – NHS Choices

[Intermediate care](#) – SCIE

[Maximising the potential of reablement](#) – SCIE

[Coming out of hospital](#) – Carers UK

[The role of carers and families in reablement \(SCTV film\)](#) – SCIE



This content has been co-produced by NICE and SCIE and is based on NICE's guideline on intermediate care, including reablement.

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