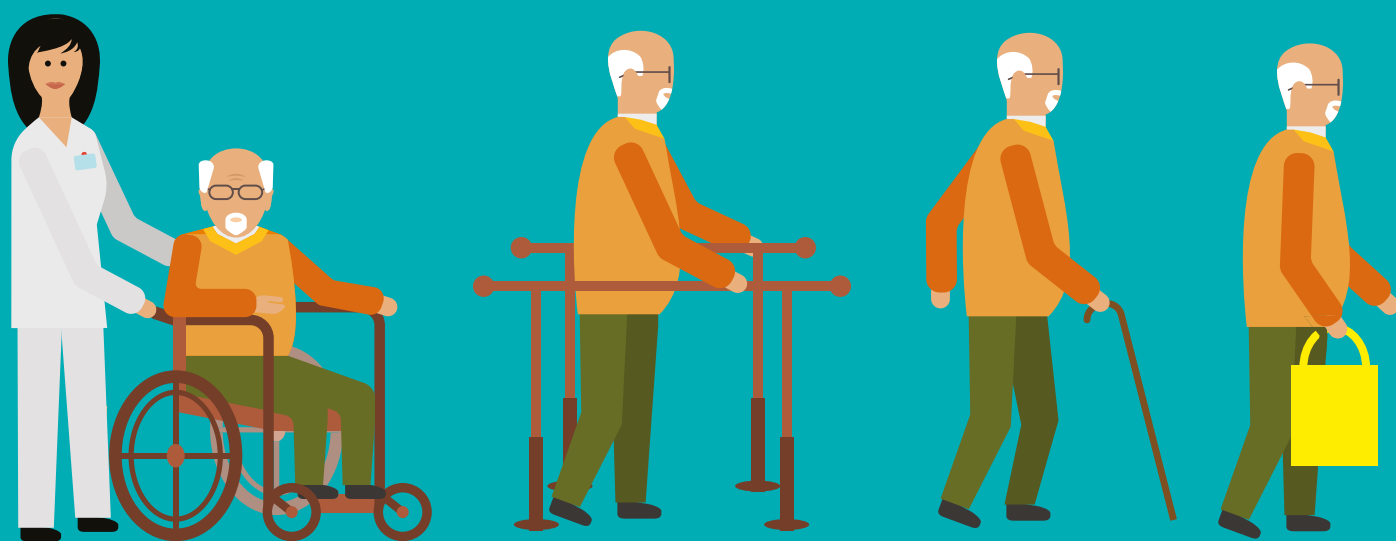


# Understanding intermediate care, including reablement

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.

**National Institute for Health and Care Excellence**  
[www.nice.org.uk](http://www.nice.org.uk)

© NICE 2018. All rights reserved. See [Notice of Rights](#)

**Social Care Institute for Excellence**  
[www.scie.org.uk](http://www.scie.org.uk)