

Bradford Adult Social Care Factsheet

Short Term Enablement Services



Short Term Enablement Services

Short-Term Enablement Services is a specialised service designed to provide temporary assistance to individuals.

Short-term care therapy is a form of therapeutic intervention aimed at addressing immediate health needs over a brief period, typically ranging from a few days to a few weeks. This is to help individuals recover from illness, injury, surgery, or other medical conditions.

The primary goal of short-term therapy is to provide rapid and focused care to restore a patient's physical, emotional, or mental well-being, facilitating a quicker return to daily activities.

Who works in the Short-Term Enablement services

Registered Unit Manager – Qualified professional. Registered with (CQC)**The Care Quality Commission**

CQC is the independent regulator of health and adult social care in England. They make sure health and social care services provide people with safe, effective, compassionate, high-quality care and encourage care services to improve.

Deputy Unit Manager - Qualified professional.

Assistant Unit manager - Qualified professional.

Team leader – Qualified professional.

Bradford Adult Social Care Fact Sheet

Short Term Enablement Services

Enablement Support workers – (Carer's)

Enable independence, working with individuals to promote independence, provide advice and Information and show a person how to use equipment, aids and technology.

Occupational therapist, Physiotherapist- Professionals trained in providing advice, information, equipment and exercise to promote independence.

Social workers – Social workers are linked to the service and work with people their families and carers to facilitate a safe discharge home, or to another setting where the needs of the persons can be met.

Benefits of the service

Rapid Recovery: Short-term therapy focuses on quick, effective interventions to help people recover or stabilise faster.

Personalised Care: Therapy plans are tailored to the individual's specific needs and goals, making treatment more effective in a short period.

Focused Goals: Therapy is centred around achieving specific outcomes, such as reducing pain, improving mobility, or stabilising mental health and wellbeing, which can provide measurable progress in a short time frame.

Services provided

Personal Care: Assistance with daily activities such as eating, bathing, dressing, and mobility.

Bradford Adult Social Care Fact Sheet

Short Term Enablement Services

Healthcare: Regular health monitoring, medication management, and coordination of medical services. GP, District nurse, telemedicine, Pharmacy.

Meals: Nutritious meals prepared and served daily, often with dietary accommodations.

Stimulating activity – Activities for Health & Well-being, Social interactions and therapy interventions.

Equipment: A small piece of equipment may be used to help improve independence and the transition back into the home environment.

Cost of resource centre

There is no charge for the short-term enablement service, there is a defined period of up to 4 weeks.

When the period of enablement is complete, and this can be prior to the 4-week timeline you will be discharged to your usual place of residence.

If for any reason you are unable to return to your place of residence there will be a charge to remain at the service or you may be discharged to temporary accommodation with a charge.

Conclusion

Therapy in short-term care provides essential support for individuals recovering from injury, surgery, or acute illness, as well as those experiencing mental health challenges. By offering focused, goal-oriented interventions, short-term therapy helps people recover quickly, regain independence, and return home.