

Bradford Adult Social Care Factsheet

Bradford Enablement and Support Team



Bradford Enablement Support Team (BEST)

The **Bradford Enablement Support Team (BEST)** is a specialized short-term support service designed to support you in regaining or enhancing your independence after a period of illness, injury, or hospitalization. The aim of the BEST service is to support you to live as independently as possible, either by helping you recover skills that you may have lost or by teaching you new ways to manage daily living activities.

Key Aspects of Adult Social Care Enablement Service:

1. Assessment and Personalised Planning:

- The service typically begins with an assessment of your needs, strengths, and goals. This assessment helps create a personalised plan to support you to regain your independence.

2. Short-Term, Intensive Support:

- The enablement service is usually time-limited, often lasting from a few days to a few weeks, depending on your progress. It is intensive, with regular visits and support from a dedicated team of professionals and enablement support workers.

3. People Involved:

- A range of professionals may be involved, including occupational therapists, physiotherapists, social workers, enablement

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coordinators and enablement support workers. This team will work with you to help you regain your confidence and independence.

4. Focus on Independence:

- The service is centred on enabling you to regain skills necessary for daily living, such as personal care (e.g., washing, dressing), mobility, meal preparation, and medication management.

5. Home-Based Care:

- The BEST service is provided in your own home, allowing you to practice and develop skills in your own home environment. This will help you with adapting to your own daily routines . We can also show you how to use equipment and technology to help you with managing tasks independently

6. Goal-Oriented Approach:

- We will agree with you what your achievable goals are and put these into place at the beginning of the service, your progress will regularly reviewed. The service aims to build your confidence and possibly reduce the need for long-term care, and prevent unnecessary admissions to hospitals or care homes.

7. Service progress:

- We monitor and record your progress towards independence. We will work with to help you achieve your goals. We may also signpost you to alternative services within your community based on your enablement progress.

8. Support After the BEST Service (if needed):

- If you require ongoing support after the enablement service ends you will have an Adult Social Care assessment . We will work with you to look at how you could meet any identified needs . This could be with support from your family or the local community . You could be eligible for a direct payment or commissioned home care service. Your eligibility will be determined by your Social Care Assessment.

Benefits of Enablement Services:

- **Promotes Independence:** Helps you regain confidence and control over your own life.
- **Reduces Long-Term Care Needs:** Prevents or delays the need for long-term care by improving your ability to manage independently
- **Enhances Quality of Life:** Supports you to remain in your own home and community, maintaining your own routines and social connections.

Overall, adult social care enablement services play a crucial role in supporting your recovery and promoting your independence.

To access the BEST service, you will be referred either by a hospital assessor or H-Fast assessor if you are in hospital.

You can request a referral if currently living at home by contacting the Independent Advice Hub on 01274 435400 where they will assess your suitability for an enablement service.