



Mental Health Enablement Service

What is the Enablement Service?

The Enablement Service is a short-term service offered by Derbyshire County Council. We assist people with mental ill health to develop the skills they need in order to improve their quality of life. The service is person-centred and varies according to your needs. It is free of charge to those accessing it.

An enablement worker will work with you to develop confidence in daily living tasks. These tasks might include shopping, travelling, cooking, cleaning and managing your finances. You may also be supported to join education or training classes, to join community social groups, or to find suitable paid or voluntary employment.

The Enablement Service is a daytime service offered Monday - Friday. It is not a CQC registered service and so does not provide personal care or medicine administration. It is not able to support those living with dementia.

For alternative services visit the council's **care information webpage**.

How can I access the service?

You can be referred to the Enablement Service by any professional, working in health and social care or in other services.

You can also refer yourself to the service.

- To refer yourself please contact Call Derbyshire on tel: **01629 533190** and request an Enablement assessment from the Prevention and Personalisation team
- If you are a professional you can refer a client, service user or patient using the online adult contact referrals forms on the council's **adult referral webpage** - make sure you request the Enablement Service when filling in the form.

What happens following a referral?

If you are eligible to receive support from the Enablement Service, a social worker will meet with you to agree an enablement plan. At this meeting you will agree your goals and the number of visits per

week. This information will be sent to the Enablement Service who will arrange to meet you.

Normally the Enablement Service will start within one week of the social worker's initial assessment. If you are not eligible for support, we will tell you about alternative services or may refer you direct to another service.

What happens after enablement ends?

After a few weeks of Enablement support, the social worker will carry out a review to check that everything is going according to plan and to think about your options after Enablement ends. This may include recommending other services for more long-term support. You may be advised to use the Derbyshire Recovery and Peer Support Service for support with ongoing mental health needs. You can find out more about this service by visiting the **Rethink Recovery and Peer Support Service webpage**.

If the social worker identifies longer term eligible needs then an extended social care assessment will be completed to decide if you are eligible for support. If you receive long term support you may need to make a financial contribution.

You will be asked to complete a short questionnaire at the beginning and again at the end of Enablement. This will help us to understand how effective the service has been in improving your sense of wellbeing. You will also be given the opportunity to give us your feedback on the service you have received by completing a client satisfaction questionnaire.

Hospital discharge and prison release service

The Enablement Service can provide support to people who are being discharged from hospital or being released from prison to settle back into the community. When it is appropriate, people will be referred to the Enablement Service before they leave hospital or prison, so that support services are available for them when they arrive home.

Further information

If you have an Adult Care worker, speak to them first.

- Ring: Call Derbyshire on tel: **01629 533190**
- Email: **contactcentre@derbyshire.gov.uk**
- Visit: **The council's Mental Health Information webpage**
- Visit: **The council's Mental Health Support webpage**

Derbyshire County Council Adult Social Care and Health produces a range of leaflets that can be downloaded or ordered from the website, obtained from staff, at a local office or via your local library.

Leaflets are available in standard, large print and Easy Read versions and on request in other formats such as Braille, audio or an alternate language.

We are always looking for ways to improve our services. If you wish to contact us with a compliment, comment or complaint you can:

- speak to a member of Adult Social Care and Health staff
- email: **yourviews@derbyshire.gov.uk**
- contact Call Derbyshire on tel: **01629 533190**



The Adult Social Care and Health Information Promise, a **FACT** you can rely on. We promise to provide you with:

- Free** information,
- Accurate** Information,
- Clear** Information,
- Trustworthy** information