

Wirral Short Term Assessment and Reablement (STAR) Service

Who is this service for?

The service is aimed at people aged 18 or over who live in Wirral. You may have been a hospital in-patient or be living in your own home. You will have been assessed as needing the service by a social care worker or an occupational therapist from the hospital or intermediate care services. Wirral STAR will look at what you used to do and find ways to enable you to become more independent.

What is the STAR service?

The service is provided for one to three weeks but may continue for a maximum of six weeks depending on your progress.

The service is provided by health professionals and social care workers who will assess you in your home to get a clearer idea of your needs and help you regain your independence. If you wish to benefit from this service it is important that you understand that the aim will be to encourage you to do as many things for yourself as possible.

What sort of things will the team look at?

The ways the team can help, include:

- increasing your confidence
- finding new ways for you to do things
- providing you with specialist equipment or technology if necessary
- offering practical help and encouragement

Your programme of reablement will focus on everyday issues such as:

- washing and dressing
- advice on how to reduce the risk of falls
- helping you cope with memory problems
- coping with practical tasks such as laundry and cooking

Continued overleaf...

Originator: Adult Social Care



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- getting around your home
- practice using specialised equipment
- supporting you in getting into the habit of taking prescribed medication regularly

The team may also work with other organisations that may be able to help you with your day to day activities.

Will I be charged for this service?

There is no charge for this service during your assessment period, however, following your assessment if you require on-going support you may, following a financial assessment, have to contribute towards the cost.

Contact us

The Central Advice and Duty Team (CADT) provide advice and information by telephone and email. CADT is available Monday to Friday from 9.00am to 5.00pm.

Phone: 0151 514 2222 (option 3)

Email: wcnt.centraladviceanddutyteam@nhs.net