

## JOB DESCRIPTION

<b>JOB TITLE</b>	AbleMe Practitioner
<b>GRADE</b>	Band F
<b>REPORTING TO</b>	AbleMe Senior Practitioner
<b>JD REF</b>	PC0135G

### PURPOSE

Support people through a reablement pathway in a timely and efficient manner, ensuring the best outcomes are achieved for the individuals, to maximising independence, reducing social isolation and improve Health and Wellbeing. Supporting the person to be the best they can be, living in the place they want to be with ongoing support from people they choose.

Work in the community, in the homes of people who required reablement services, to promote independence and choice. To provide a short, intensive reablement service to adults who are frail, recovering from illness or injury, or early signs of dementia with the focus on helping them to restore their optimum level of independent function.

Duties will include physical care, domestic duties and, where applicable, social duties, aimed at creating a supportive homely atmosphere where person can develop and maintain activities of daily living.

### MAIN DUTIES AND RESPONSIBILITIES

- Establish effective working relationships with people, their families and carers. Recognising that diversity of choice is key to a person's wellbeing. Including, promoting individual rights and recognising and respecting their contributions to care and support planning and delivery.
- Assist in the assessment process and support the production of the reablement plan. Working closely with the Assessment Reablement Officers, Physio Therapists and Occupational Therapists to problem solve and support people to improve their independence and maximise their wellbeing.
- Deliver an agreed reablement support plan including assistive equipment and demonstrating the safe use of such equipment, advising on strategies for preventing falls, using adaptive techniques.
- Support people in a structured way to undertake a range of social care tasks such as washing (personal care), dressing/undressing, showering and bathing, meal preparation, cleaning, washing up, making beds, washing and ironing, emptying commodes and engaging in community activities, and other day-to-day domestic activities, working to a plan to help optimize levels of ability and independence.



- Undertake a range of delegated health care tasks as required e.g. prompt prescribed medication, support the application of prescribed creams, eye and ear drops, catheter care, prompting exercises as prescribed by the physiotherapist, etc.
- Monitor and report on progress of the people, providing feedback to the Assessment Reablement Officers, Physio Therapists and Occupational Therapists and any other professional involved where appropriate. providing timely written observations of the person's circumstances, whether improvement or deterioration, to help with the progression and review of the reablement plan.
- Liaise closely with Seniors and Registered Manager, informing them swiftly of any circumstance that requires an immediate response and to report significant problems and/or events to the Community Reablement Workers, Social Workers or other professionals.
- Where necessary to undertake a range of social duties as required including shopping and to keep adequate records of any money handled.
- Encourage people to continue or take up social activities, including attendance at social centres and activities outside the home and to make necessary referrals to facilitate this.
- Work proactively with partner organisations inclusive of 3<sup>rd</sup> sector voluntary organisations to coordinate inputs for the person that best suits their need.
- Work as part of the team to ensure that key performance outcomes for the person, the team and Council are achieved. To ensure that all teams that work with the Reablement service (internal and external) understand its role, processes, function etc. and build effective working relationships with these teams and other partners and committing to cohesive working between teams and key partners.
- Support the team to ensure the effective flow of work and a robust response to referrals within agreed performance targets. Ensure that referrals and workloads are prioritised appropriately, and interventions completed.
- Ensure practice complies with statutory requirements as in line with Council Policies, the care act 2014 and CQC regulatory standards.
- Manage own workload ensuring appropriate prioritisation of work based on mitigating risk, statutory requirements and key performance targets.
- Adopt a flexible approach ensuring the ability to adapt to changing priorities as required and the ability to work flexible hours on a rota basis including evenings, weekends and bank holidays.
- Identify and initiate Safeguarding procedures and ensure that any adults who may be considered vulnerable within the Safeguarding Adults Policy are adequately protected. To participate in further work required in line with safeguarding procedures.

## ROLE SPECIFIC KNOWLEDGE, EXPERIENCE AND SKILLS

### Qualifications .

- NVQ level 2 or equivalent (or required to undertake Care Certificate within 6-month probationary period)
- Evidence of Continuing Professional Development (CPD).

### Experience

- Experience of working in health and care services.
- Experience of, maintaining accurate care records.
- Demonstrate excellent interpersonal skills and communication skills and the ability to interact and engage with people and key partners across health and social care and voluntary system.

### Skills and Knowledge

- Knowledge of key legislation, policy and practice relating to community care and disability with an understanding of the Mental Capacity Act and the Care & Support Act.

- Ability to apply the key principles of risk management and contingency planning.
- Knowledge of issues affecting older people/adults with long-term conditions with an understanding of their needs particularly in relation to promoting their independence.
- Ability to work independently, with effective self-organisational and prioritisation skills.
- Ability to negotiate and influence across organisational boundaries to deliver person centred care.
- Proactive Solution focused culture of working.

## **DESIRABLE KNOWLEDGE, EXPERIENCE AND SKILLS**

- Experience of working for a community care provider in peoples own homes.
- Experience of working in a Care Quality Commission or equivalent registered service.
- Experience of, maintaining electronic data capture systems and processes.
- Experience of reablement in the community.

## **ADDITIONAL INFORMATION**

Expected to work flexibly and be able to work an extended day and/or over a seven day period, 52 weeks of the year if required by the service.

Full driving licence.

Able to travel around the Wirral using private transport.

Lone working.

**DATE OF APPROVAL: DECEMBER 2023**

**APPROVED BY: AMANDA PARRY-MATEO – HEAD OF PROVIDER SERVICES**