



# Regaining your confidence to live independently

This leaflet explains how our KITE service can support you to live independently in your own home



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## What is KITE?

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KITE is our Keeping Independent Through Enablement service. The team is made up of occupational therapists and enablement workers. The aim of KITE is to encourage you to regain your confidence and skills to help you to live an independent fulfilling life at home and in your local community – we call this enablement.

## Who is enablement for?

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Enablement is a short-term service for people who have either been taken ill suddenly or had an accident or simply growing older and are struggling to do daily activities at home. This may also make you feel unsafe and wary. Our staff will support you to regain your skills and confidence to get you back to doing everyday activities yourself.

### You are eligible for enablement if you:

- are getting over an operation or short illness and will be able to do more for yourself as you get better
- were previously independent but are now losing the ability to do things for yourself or becoming dependent on support services
- have a long-term health condition or illness but are not approaching the end of life and can be more independent with support.

## Enablement is not suitable for you if you:

- are in plaster
- need to receive all care in bed due your health condition
- have had an orthopaedic procedure and you need to restrict your mobility at the moment
- need to be immobile or bed-bound after surgery as part of your recovery and may not be allowed to stand
- are approaching the end of life and are having palliative care.

If you are eligible for short-term support our KITE team will visit you at home to discuss your situation; what you can do for yourself and what help you need to be able to carry on living at home. We will also look at how family, friends and your local community can give you the support you need. If you are in hospital, we will work with you and your family or friends to plan your discharge back home.



## How does enablement work?

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Our staff are here to help you, so don't feel embarrassed to tell us about the challenges you are facing. We will discuss with you the things you are most worried about and activities that you would like to do yourself again, this could be several things, such as:

- Bathing or showering safely
- Eating and drinking
- Getting out of bed and dressed
- Going out or shopping
- Having a fall
- Preparing meals
- Washing.

Following this conversation we will agree your enablement goals together and what support you will need to achieve these. Depending on your level of need we may involve other professional staff such as your GP to ensure we provide the care and support to suit your needs. If you have family and friends who already help you or want to help we also involve them in the discussions. We call this an enablement plan.

Your enablement plan is tailored to your individual needs and goals. We will work with you to:

- Practice daily activities that you wish to regain confidence in
- Find new ways to do some things so that you feel safer and more confident

- Look at what else might help, such as telecare or small pieces of equipment or home adaptations.
- Involve your family, friends or local services to help you to be independent.

## Achieving your goals

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We will only agree a set of realistic goals that you can achieve and by when with support. These goals are unique to you and will vary depending on your personal circumstances. As you make progress and become more independent we will adjust the support you receive.

For example, if you are used to showering by yourself, but haven't been able to do so through illness, your goal may be to regain some independence in the bathroom. Over time, we could help you use some bathroom adaptations safely, such as a shower stool or grab handles to achieve your goal of independence.



# How long is enablement support for?

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Enablement is a short-term service. This could be as little a few days to regain your skills and confidence or depending on your circumstances you may need a few weeks to live as independently as possible in your home and community. As you make progress the amount of support you receive will be adjusted to suit your needs. This means that your support will reduce gradually until you are back to being as independent as possible. The KITE team will visit you regularly and monitor your progress and review your goals until your service ends.





# What happens after the enablement service ends?

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As the enablement period comes to an end most people regain their confidence and skills to live safely and independently in their home and community without ongoing care and support.

However, for some people it may become clear that longer term or on-going care and support is needed. If this is the case, we will carry out a needs assessment and ask you to complete a financial assessment form as most people have to contribute towards long-term care and support.



# Our contact details

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**Monday to Friday from 9am to 5pm.**

**Telephone:** (020) 8871 7707

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## Write to us at:

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