

Mental Health Enablement Service Information Sheet

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 to improve their quality of life. The service is person-centred and varies according to your needs. It is a daytime service offered Monday – Friday and 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.

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 telephone: **01629 533 190** and request an enablement assessment
- if you are a professional you can refer a person 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 derbyshire.gov.uk/adult-referral

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. rethink.org/help-in-your-area/services/community-support/derbyshire-recovery-and-peer-support-service/

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.

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.