

Single Handed Care Service



Who are we?

We are a small team of Occupational Therapy staff with expertise in moving and positioning techniques and specialist equipment which may enable your care to be delivered by 1 carer instead of 2. We provide a free of charge service to all residents of West Berkshire including those who are self funders and source their care privately.



What is Single Handed Care and why is it important?

A person-centred assessment of an individual's moving and positioning needs with the aim to enable 1 carer to deliver their care.

- Focuses on strengths by empowering the individual to do what they can for themselves.
- Provides a person-centred approach whereby the carer can solely focus on the individual.
- Enables family members or informal carers to be more involved or continue to deliver care should they wish to.
- Promotes privacy and dignity.
- Improves quality of life.
- Reduces cost of care.
- Frees up our carers to help someone else in need.

How to access the Single Handed Care Service?

A referral is usually made to the Single Handed Care Service via the Adult Social Care Teams. You or the person supporting you will have been made aware of the referral and you may be added to a waiting list until an Occupational Therapist is available to complete the assessment. Alternatively, you can refer yourself by contacting us directly using our email address and contact number.



What to expect during an assessment?

Your Occupational Therapist will be in touch with you or the person supporting you to arrange a suitable time to visit. There will likely be several visits undertaken to complete a thorough assessment. This may be completed in conjunction with your care agency, informal carer or relevant family members.

The assessment will look at the following:

- **Bed mobility** – how you roll from side to side in the bed and reposition yourself up the bed.
- **Transfers** – how you get from bed to chair, toilet, wheelchair or commode.
- **Personal care** – how you get washed and dressed and how toileting tasks are completed.
- **Home environment** – where you complete routines, space available and equipment already in use.
- **Carer competency** – the knowledge, skills and competency of your carers.

Following this assessment, we may recommend different actions:

- New moving and positioning techniques to maximise your independence.
- New or specialist equipment which may enable your care to be delivered by 1 carer. This will be trialled first to ensure it is suitable for you.
- Training to informal and formal carers in new techniques or equipment.
- Reviewing your Care Plan, looking at the content and length of your care visits and whether these are meeting your needs or require alteration.

What happens if my care is reduced?

Following our assessment, if your care can be delivered by 1 carer then this will be trialled and if successful a date for this to change will be agreed with you, the person supporting you and your care agency. All training and equipment will be provided, at no cost to you. It will be provided on a loan basis through NRS or for specialist equipment your Occupational Therapist will request funding via Adult Social Care. A review will be scheduled approximately 2 weeks after the reduction in services.

Equalities

If you require this information in a format more accessible to you, please contact Adult Social Care using the details below.

How to contact us?

You can contact us via our email or phone and ask to speak to the Review Team:

singlehandedcare@westberks.gov.uk
01635 503050

Any feedback?

Your experience is important to us and we would really appreciate your feedback. Please refer to our feedback questionnaire which will be provided at the end of our assessment.