

What is Reablement?

The Community Reablement Unit is an intermediate care programme, specific to older people, 65-years-old and older offering a short term in-patient Reablement programme. We are a 5-day a week inpatient service – closed at weekends. Reablement enables patients to maximize their safety, functional independence and mobility. A Multidisciplinary Team approach is implemented to provide Reablement to the older person, which aims to lessen the impact of disabling conditions, enabling people to achieve as much independence as possible to continue living in their own home and community.



Admission Criteria for CRU:

- Patients aged 65 years and older.
- Who live in Dublin Central, Dublin South Central and Dublin West.
- The patient's referral form must be signed by their own GP or Consultant Geriatrician.
- Patients will require a pre-assessment review with a Consultant Geriatrician and the CRU Clinical Nurse Specialist. This assessment will be organized by the CRU Clinical Nurse Specialist.
- Patients who have a strong desire to remain living at home.
- Patients who are experiencing functional decline in their daily activities.
- Patients who are experiencing joint problems, stiffness and pain.
- Patients who are experiencing falls and have decreased balance and confidence.
- Patients who can move from a sitting to a standing position independently and who can mobilise independently with the use of a mobility aid.

Admission Criteria for CRU:

- Patients who are of a sufficient level of a general health that will allow full participation in the Reablement programme (i.e. daily aerobic gym programme).
- Cognitively able to take on new information. Patients with a mild cognitive impairment are still appropriate as there is memory input including assessment, memory techniques and memory group.
- Post-operative joint replacement Reablement: Must be two months post knee replacement and three months post hip replacement.
- Patients who are willing to receive education from the Multidisciplinary Team to help improve their understanding of their general health (Physical, Psychological and Social well-being). This education will enable CRU patients to continue independent living in their own home, in the community.

The CRU Programme Involves:

- CRU consists of a Multidisciplinary approach to providing care to the older person. This incorporates health professionals from different disciplines working together as a team to enable the patient to achieve their goals to continue independent living at home.
- The CRU Multidisciplinary Team consists of: Medical Staff, Nursing Staff, Clinical Nurse Specialist, Health Care Assistants, Physiotherapists, Occupational Therapists, Social Worker, Dietitian, & Pharmacist.
- The programme involves Reablement education for the patients and the family/ carer, delivered by the Multidisciplinary Team.
- A Multidisciplinary Holistic approach to the patient care plan.

Who can Refer to CRU?

Referrals for admission to CRU are accepted from the prospective patient, members of the Primary Care Team, GPs, Medicine for the Elderly St. James's Hospital, Medicine for the Elderly the Adelaide & Meath National Children's Hospital Tallaght, and family member/ guardians.

* All referral forms must be signed by the prospective patient's GP or Consultant Geriatrician*

Where additional community agencies are involved in a referral please supply contact details to ensure integrated communication between community/primary health care settings.

Admissions to the CRU Service will be determined following a Multidisciplinary Team Admissions Meeting and final acceptance by the Medical Director to the CRU.

Referrals should be directed to: Clinical Nurse Specialist, CRU, Our Lady's Hospice & Care Services, Harold's Cross, D6W.

Phone: 01 4068700 ext. 639 or 840
Fax: 01 4986217 E-mail: cru@olh.ie
CRU Referral forms can be downloaded at: www.olh.ie

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