



## Contact details

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# Enablement Service





## What is Enablement?

The aim of enablement is to be focused on the individuals and their capabilities to help you be actively involved in your own support and promote participation and engagement. By using this approach we hope to improve your health, well-being and overall independence.

### Key principles of enablement are:

- Encourages you to “do for yourself” rather than “doing for you”.
- Emphasis on what you **can do** rather than what you are unable to do.
- Improve your quality of life by promoting engagement in your support needs
- Ensures your **views and choice** are central to your support
- Improved **communication** is key to ensure views are fully understood

## What is the Training

Bon Accord Care support staff undertake an activity-based enablement programme which includes topics such as enablement ethos, communication, activities of daily living, falls prevention and continence care. These are delivered by reablement facilitators who are all health professionals.

## Benefits to Service Users

Through embedding the enablement ethos within our services we are hoping to move away from the traditional care approach in order to promote service users independence.

By encouraging service users to be involved in their care we hope to not only maintain and improve physical abilities but also their confidence, mental health and well-being.

## Feedback

“This training reinforced the importance of taking more time with service users and really engaging with them, so they can tell me what they need and want rather than me just presuming.”

“Staff feel happier as clients appear more confident and motivated, happier all round.”

“Has helped service users gain confidence and independence, learn to live and adapt to changes in their abilities/disabilities.”

“One permanent client is now not only participating with own personal care, but the smile on their face evidences that they are enjoying doing so.”