



Dorset
Council

Bridport Reablement Centre Information

What reablement is and our mission and plans
for creating a reablement centre.



Why we need a Reablement Centre

Demand for Older Adult Rehabilitation Post-Hospital Admission

The demand for rehabilitation services for older adults is rising due to several factors:

- **Aging Population:** As life expectancy increases, more older adults are living with chronic conditions that require rehabilitation after hospital stays.
- **Complex Health Needs:** Older adults often experience multifactorial health issues (e.g., frailty, falls, stroke, joint replacements) that necessitate tailored rehabilitation plans.
- **Hospital Discharge Pressures:** Hospitals aim to reduce length of stay, which increases the need for post-acute rehabilitation to continue recovery outside the hospital setting.
- **Preventing Functional Decline:** Without timely rehab, older adults risk losing independence, which can lead to long-term care placement or readmission.

Reducing Long-Term Care Admissions

Effective rehabilitation plays a critical role in minimising the need for long-term care:

- **Early Intervention:** Prompt rehab can address physical and cognitive impairments before they become permanent.
- **Home-Based and Community Rehab Models:** These models support recovery in familiar environments, reducing reliance on institutional care.
- **Caregiver Support and Education:** Empowering caregivers with training and resources helps sustain recovery at home.

Helping People Return Home Confidently

Confidence in returning home is essential for successful recovery and long-term well-being:

- **Personalised Discharge Planning:** Tailored plans that consider home environment, support systems, and individual goals foster smoother transitions.
- **Reablement Services:** These focus on helping individuals relearn daily activities, promoting independence and self-efficacy.





Our Vision for Dorset's Reablement Centre

56 fully equipped rooms, CQC-registered Care Home with Nursing, designed to support older adults aged 65 and over as they recover and regain independence after hospital stays or health challenges.

A Home-Like Environment, around the concept of small, welcoming 'households'—each with shared living, dining, and kitchen spaces. This design fosters a sense of community, comfort, and dignity, helping residents feel truly at home.

We aim to support approximately 600 older adults annually, offering compassionate, high-quality care that empowers people to return home safely and independently.

What is Reablement?

Reablement is a short-term (up to 6 weeks), recovery-focused service designed to help you regain independence after a hospital stay, illness, or a period of reduced mobility. It's all about helping you feel confident and capable in your own home again.

Reablement is not long-term care. It's a temporary service, usually lasting up to six weeks, depending on your needs. The goal is to support your recovery and help you get back to doing the things you love.

Reablement helps with everyday activities such as:

- Getting dressed and personal care
- Preparing meals
- Moving safely around your home
- Managing medication
- Building confidence in routines

Reablement is a transitional service, not a hospital or residential care home. It's designed to bridge the gap between hospital discharge and returning home, or to prevent unnecessary admission to long-term care.



What to expect

24/7 Professional Staffing

- Registered Nurses, Care Assistants, and Therapists are available around the clock to support your recovery.
- You'll receive expert care tailored to your needs, with a focus on safety, dignity, and comfort.

Individual Recovery Plans and Group Sessions

- Every resident has a personalised recovery plan, developed with input from healthcare professionals and family.

Visiting GPs, Activities and Family Involvement

- Visits from GPs and healthcare professionals ensure continuity of care.
- A variety of activities and events help keep residents engaged and active.
- Families are encouraged to be part of the journey, with visiting spaces and involvement in care planning.

Comfortable, Private Rooms

- All rooms are single occupancy with en-suite bathrooms, offering privacy and dignity.
- Bariatric rooms are available for residents with specific mobility or equipment needs.

Light-Filled Shared Spaces

- Enjoy bright, welcoming communal areas, gardens, and therapy rooms designed to promote healing and relaxation.
- Spaces are thoughtfully designed to encourage movement, conversation, and connection.

Dementia-Friendly Design

- Our layout supports safe navigation and orientation for residents living with dementia.
- Secure access ensures safety while maintaining freedom and independence.



Nature-Led Design / Biodiversity Net Gain

Exceeding the 10% Biodiversity Net Gain (BNG) Target

Above and beyond the statutory 10% BNG requirement, ensuring our development leaves the natural environment in a measurably better state than before.

Wildflower Meadows, Not Mown Grass

Instead of traditional lawns, we're planting vibrant wildflower meadows that:

- Support pollinators like bees and butterflies
- Require less maintenance and water
- Create a more natural, calming landscape for residents



Native Trees and Wildlife Corridors

We're planting native trees and hedgerows to:

- Provide food and shelter for birds, insects, and small mammals
- Connect green spaces and create wildlife corridors
- Enhance the sensory experience for residents

Homes for Nature

To support biodiversity, we're installing:

- Bird and bat boxes
- Bee bricks built into walls
- Hedgehog highways for safe garden roaming



Sensory, Accessible Gardens

Our gardens are designed to be:

- Fully accessible for adults and wheelchair users
- Sensory-rich, with fragrant plants, textured paths, and calming water features
- Spaces for relaxation, reflection, and gentle activity



Timeline and Key milestones

Design and Planning (2025–2026)

- Aug 2025 – Planning submission
- Autumn 2025 – Building contractor appointed
- Oct 2025 – Demolition surveys
- Jan 2026 – Demolition of existing buildings on site

Construction (2026–2028)

- May 2026 – Site cleared ready for construction
- Early Summer 2026 – Construction begins (18 months)

Staff Recruitment and Training (2028)

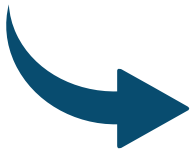
- Spring 2028 – Staff training and centre prepared for operation

Service Delivery and Development (2028)

- Summer 2028 – Centre opens

How you can get involved

- Share your views and feedback during this session
- Future Community engagement events
- Complete this feedback form using the QR Code



Bridport Reablement Centre -
Feedback Form



If you have any further questions or feedback not answered by the feedback form please email:

bridportreablementcentreproject@dorsetcouncil.gov.uk