

INTERMEDIATE CARE Factsheet

If someone has been in hospital or had an illness or fall, they may need temporary care to help them get back to normal and stay independent. This type of care which is similar to convalescent care is known as intermediate care or aftercare.

What is intermediate care?

Intermediate care may include one or more of the following:

- **Reablement:** Help to live as independently as possible. Support is often focused on rebuilding confidence around skills such as getting washed and dressed, enabling participation in social activities.
- **Home based intermediate care:** Help with recovery from professionals, such as; physiotherapists, speech therapists and occupational therapists.
- **Bed based intermediate care:** A temporary stay in a care home, community hospital or standalone intermediate care facility. The support offered is similar to home based intermediate care.
- **Crisis response:** Short term care at home or in a care home may be arranged as an alternative.

Availability of the four types of intermediate care does vary by location. Demand may exceed supply or there may be waits of several days before the care commences. Rehabilitation after a stroke or heart attack is not a type of intermediate care and is not time limited.

Accessing intermediate care

Referrals may be made by the hospital discharge team, a GP, paramedic or social worker, depending on why intermediate care is being considered. Individuals can also discuss self-referral with the local adult social services team.

Working with the person to be supported, a full assessment will be conducted and a set of personal goals will be agreed. Family members and carers can also contribute to the assessment, if requested by the person to be supported.

The agreed plan will be recorded in a care and support plan, setting out what the goals are (e.g. carrying out a daily activity such as preparing a simple meal), what input or services will help with achieving the goals (e.g. providing equipment), the timeframe for achieving the goals and the type of intermediate care needed.

At the conclusion of the intermediate care, a care and support assessment should be conducted by the local authority social services department to consider if longer term support is needed.

Paying for intermediate care

Intermediate care is not means-tested, but it is time limited. It must be provided for free for up to six weeks. Most people receive support for one or two weeks. If care is required for longer than six weeks, then there may be a charge.

Find out more

The following list is a small selection of the wide range of organisations with published information on intermediate care. *The MCF does not endorse or recommend any of the organisations listed.*

- **Age UK**
Advice, support and friendship to older people.
www.ageuk.org.uk
- **Carers UK**
Advice, information and support for carers.
www.carersuk.org
- **Independent Age**
Impartial advice to support independence in later life.
www.independentage.org
- **NHS UK**
Information about health conditions and NHS services.
www.nhs.uk
- **National Institute for Health and Care Excellence (NICE)**
Guidance and information to help the public access recommended care and treatment
www.nice.org.uk

Other information

Masonic Charitable Foundation

The MCF provides grants and support for Freemasons and their family members. A wide range of help is available for daily living costs; health, care and wellbeing; and education-related costs for children and young people.

Call 0800 035 60 90 or visit www.mcf.org.uk

MCF Factsheets

You may also be interested in the following factsheets:

- **Dementia**
- **Government benefits**
- **Power of attorney**
- **Respite care**

Scan the QR code below or visit mcf.org.uk/resources/almoner-resources



Whilst every care has been taken to verify accuracy, the information in this factsheet is for guidance only.

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