

‘Stepping back from stepping in’ series

“Everything you do for me; you take from me”

The health and wellbeing benefits
of everyday activities

Modules in the series:

- What and Why of Reablement
- The Language of Wellness and Reablement
- Support Planning and Delivering Reablement Pt.1
- Support Planning and Delivering Reablement Pt.2
- Working with Clients
- ✓ “Everything you do for me; you take from me”

Keep
Able
Every opportunity matters



Session objectives

Participants in this session will:

- ✓ Understand that (supposedly) simple daily activities require complex skills and abilities.
- ✓ Recognise that when we do things **for** clients, instead of doing activities **with** clients, we rob them of skills and abilities for independent living.
- ✓ Recognise that encouraging people to do daily activities (that they are capable of) promotes wellness and healthy ageing.

“Everything you do for me; you take from me”

This quote is attributed to the famous educator, Maria Montessori.

It embodies the principles of reablement (W&R).

- Can support staff implementation of reablement
- Can support client acceptance of reablement



Reablement refresher

Provider perspective

“... even with frailty, chronic disease or disability, most people want and are able to improve their physical, social and emotional wellbeing, to live autonomously and as independently as possible” *(Department of Health and Aged Care).*



Reablement refresher

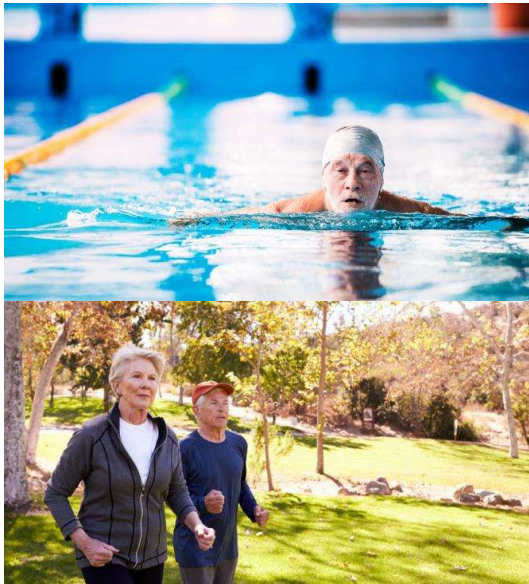
Client perspective

“...addressing the gap between what you are able to do today and what you are capable of doing” (keepable.com.au).

“... about creating realistic and practical opportunities for you to gain confidence and get back to doing things for yourself” (keepable.com.au).



People might think
reablement looks
like this...



But...
if we are trying to:

- Help people live independently
- Build on what they do today
- Have practical approach and
- Build confidence

Why not use the activities
we do everyday?



Reablement can look like this...




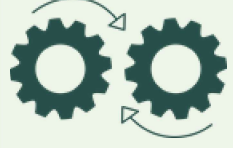


But it can also look like
this



Key factors for healthy ageing

We don't always need special exercises and programs to address each of these. The factors are embedded in many of the things we do every day.

When older adults stop doing everyday things, they lose the benefits associated with them.

	Maintaining physical abilities
	Maintaining cognitive (thinking) abilities
	Promoting emotional wellbeing
	Maintaining social connections with family, friends and communities

Benefits of everyday activities – Cooking Dinner

Physical	Cognitive	Emotional	Social
Endurance (standing for protracted periods)	Decision making (deciding what to cook)	Satisfaction from cooking an enjoyable meal	Connecting with others over a meal
Balance (reaching/bending to access required items)	Planning (when you cook the meal and what you need)	Confidence from successfully completing meal preparation	Sense of contribution (if cooking for others such as family, friends, community etc.)
Agility (moving in a small environment with frequent changes in direction)	Organising (making sure you have everything you need)	Sense of control from being able to make your own choices to support yourself	
Strength (squatting to reach low items, chopping hard vegetables, hand mixing etc.)	Sequencing (ensuring that everything happens in the right order at the right time)	Support personal values (e.g. caring for health, caring for others, cooking for pleasure.)	
Joint mobility (reaching/bending/grasping moves joints of the upper and lower body)	Memory (using memory and knowledge to cook a familiar dish)		
Fine motor skills and coordination (using a knife, peeling vegetables, using tongs, opening packaging etc.)	New learning (using new skills when you try a new recipe or technique)		

Now think about all
the activities **YOU** do
every day



Every activity you do **every** day

will have demands and benefits which are:

Physical

Cognitive

Emotional

Social

“Every opportunity Matters”

Participating in a wide variety of
meaningful activities promotes:

Healthy ageing

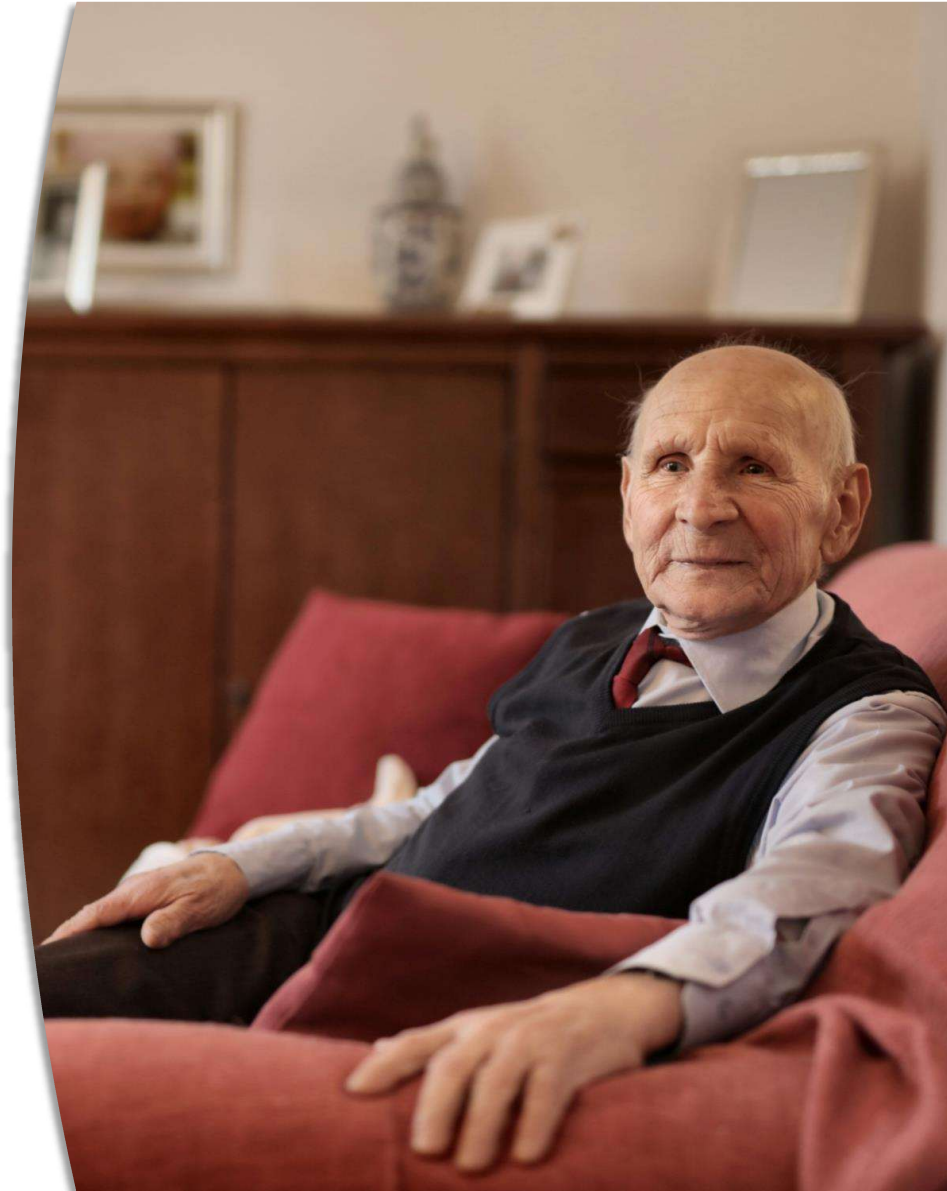


Premature help = Premature disability

When we do everyday activities for people, we potentially rob them of the related health and wellbeing benefits.

When working with clients, think about:

- What they definitely **can't** do (and provide assistance as required)
- What they definitely **can** do (and encourage them to continue doing it)
- What they **might** be able to do with the right support. This is the opportunity for reablement.



Try it for yourself

Imagine you have had a shower and now you are preparing to get dressed.

You are attending a specialist medical appointment and it is important that you are on time.

You are going to wear:

- Shoes/boots with laces or zips
- Socks
- Underwear
- Long pants with button waist
- Pullover shirt/top
- Cardigan or jacket

Think through the process step-by-step

- What skills are required?
- Is it important to dress in a certain way? If so, why?



Reflection

What did this activity make you think about the skills required for getting dressed?

How does this make you think about the skills and abilities required to do all our activities in one day?

This activity shows that even if a client can only do **part** of an activity, they will still benefit.

- Where possible, you can encourage them to do more over time, building their capacity.
- Using the checklist can also help you with observation and reporting skills.

If we take over tasks that a person can do for themselves, we rob them of physical, cognitive, emotional and social skills for living.





Thank you for
attending.

Any questions?

Please complete the feedback
sheet provided.