

Introducing LifeCurve™

A new perspective on the reablement
discussion

Bitesize Skills Development

'Stepping back from stepping in'

Keep
Able

Every opportunity matters

Powered by
 iLA



Session objectives

Participants will:

Identify

and understand the key elements of LifeCurve™

Use

the LifeCurve™ to identify two common patterns of age-related functional decline

Recognise

that older adults can have 'more good days' with positive lifestyle choices and timely help

Understand

the value of LifeCurve™ in promoting reablement to aged care teams & consumers

Implementing reablement: Client challenges

Your client says:

'I'm too old for that'

'I've done enough cleaning in my
lifetime'

'I'm too tired to do all that'

'I'm not strong enough'

Your client just wants:

A cleaner and gardener

Someone to cook their meals for
them

Someone to do the shopping and put
it all away

(while they relax!)

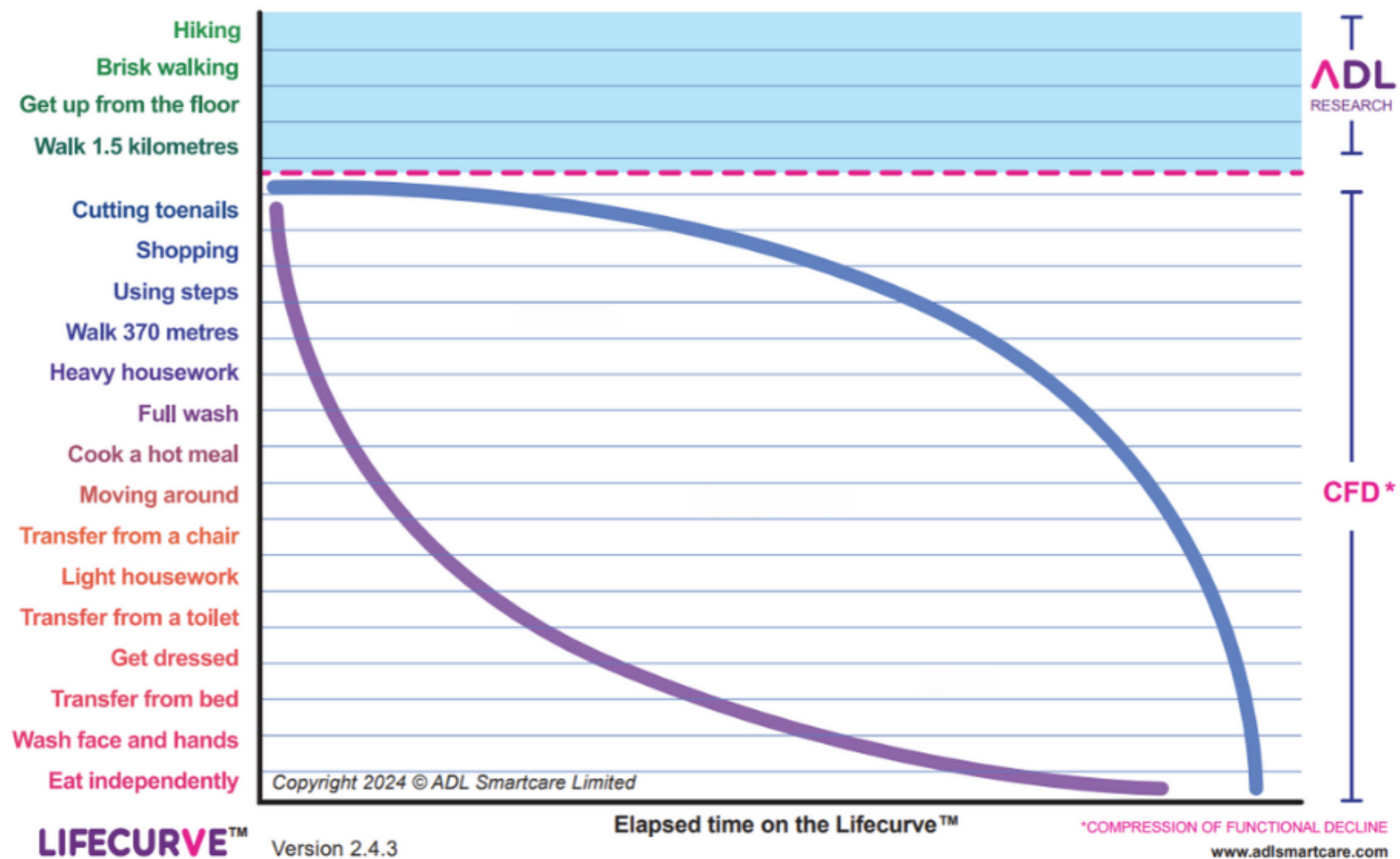
Implementing reablement:

Industry/provider challenges

2023 CHSP Wellness and reablement report outcomes

- ✓ Clients 'resisting reablement approaches due to fear, skepticism, or a sense of dependency...' (p. 46)
- ✓ Consumer mindset – the expectation that the provider will 'do for' instead of 'do with' the client
- ✓ Difficulty identifying reablement opportunities
- ✓ Difficulty accessing specific service types (e.g., allied health services)
- ✓ Need for better staff training about wellness and reablement and supporting tools

Introducing LifeCurve™



Components of LifeCurve™

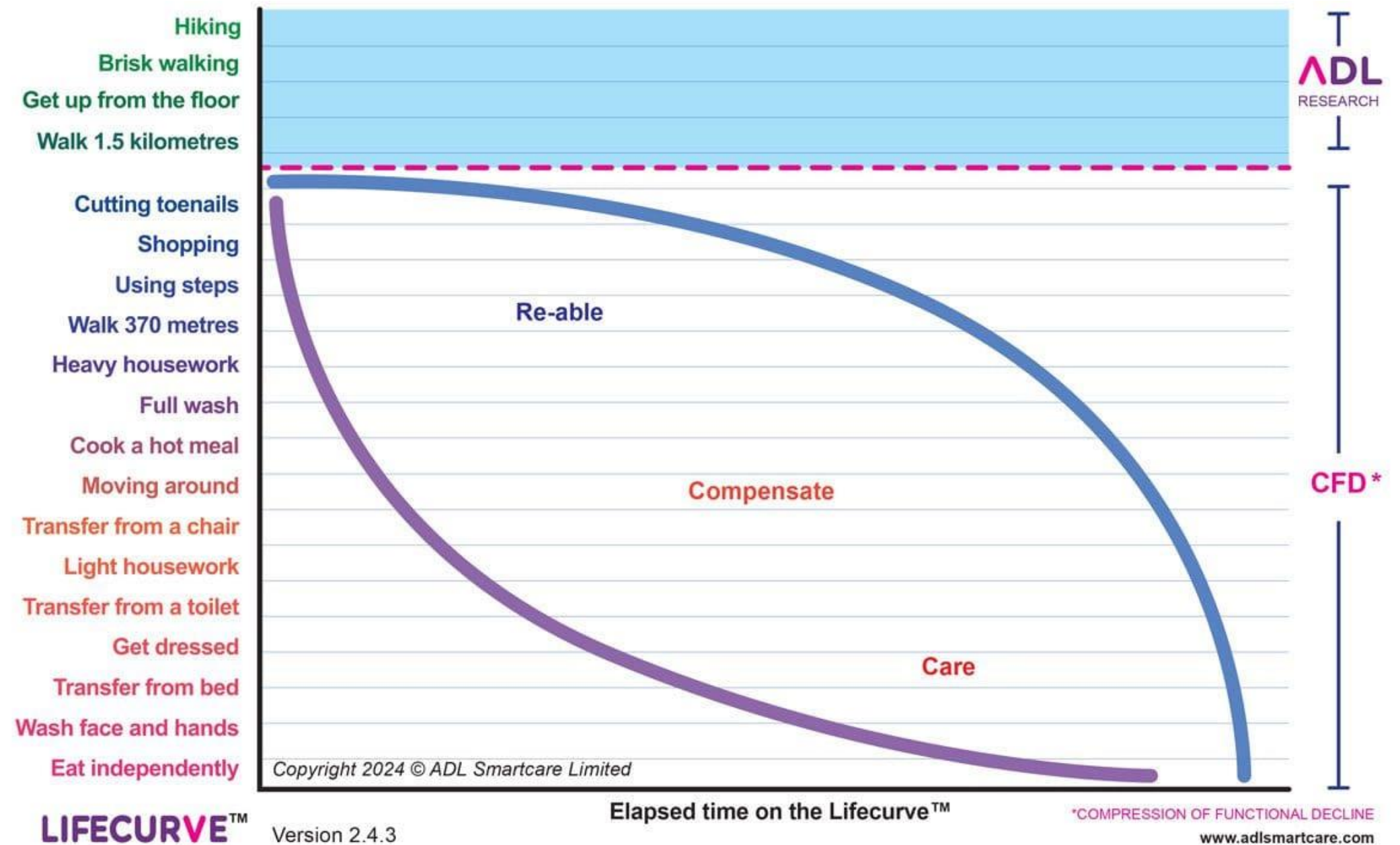
1 The vertical axis

2 The horizontal axis

3 The red dotted line

4 The curves

5 Intervention types



The vertical axis

This axis features:



4 fitness-related activities at the top



15 Activities of Daily Living (ADL) underneath

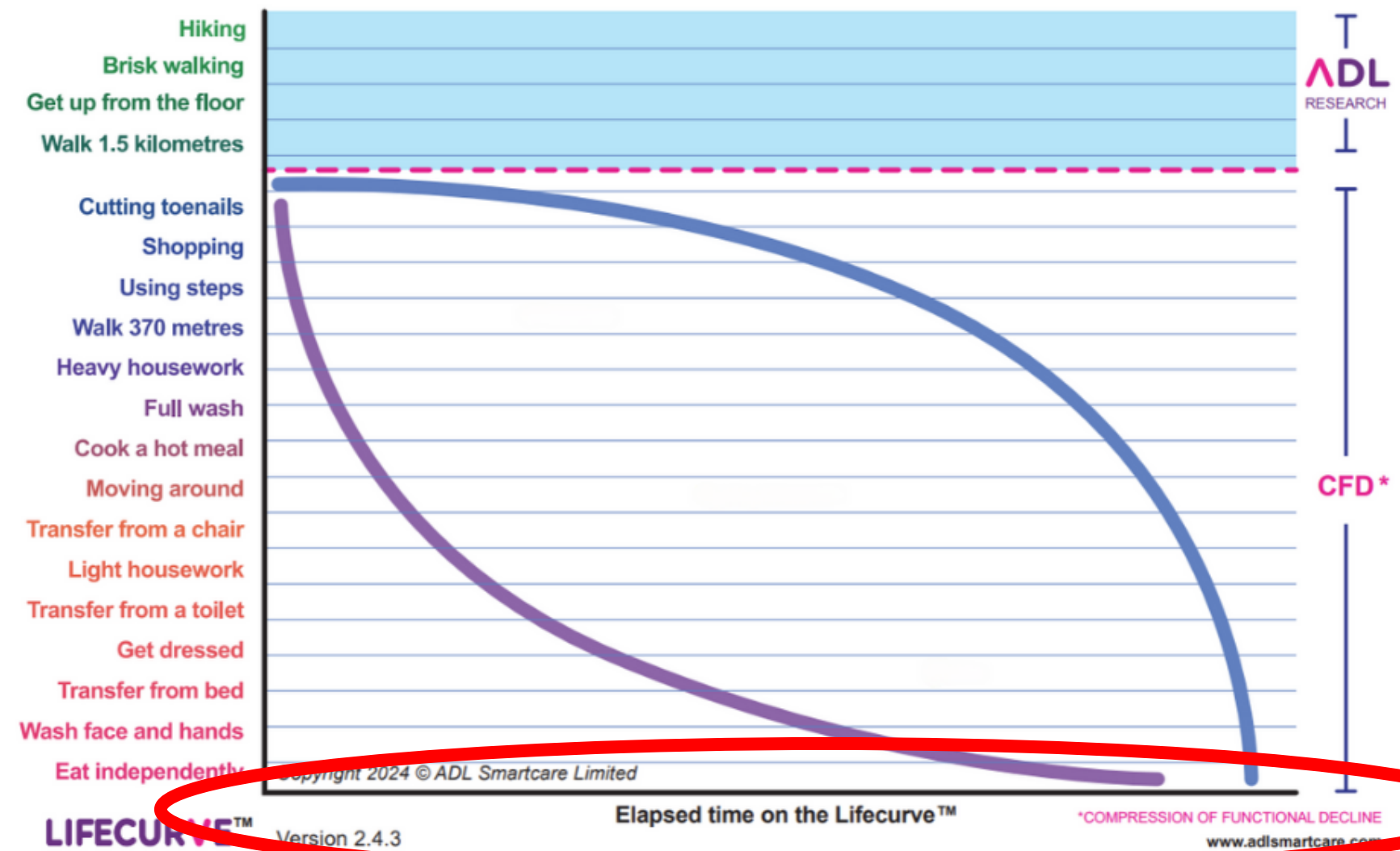
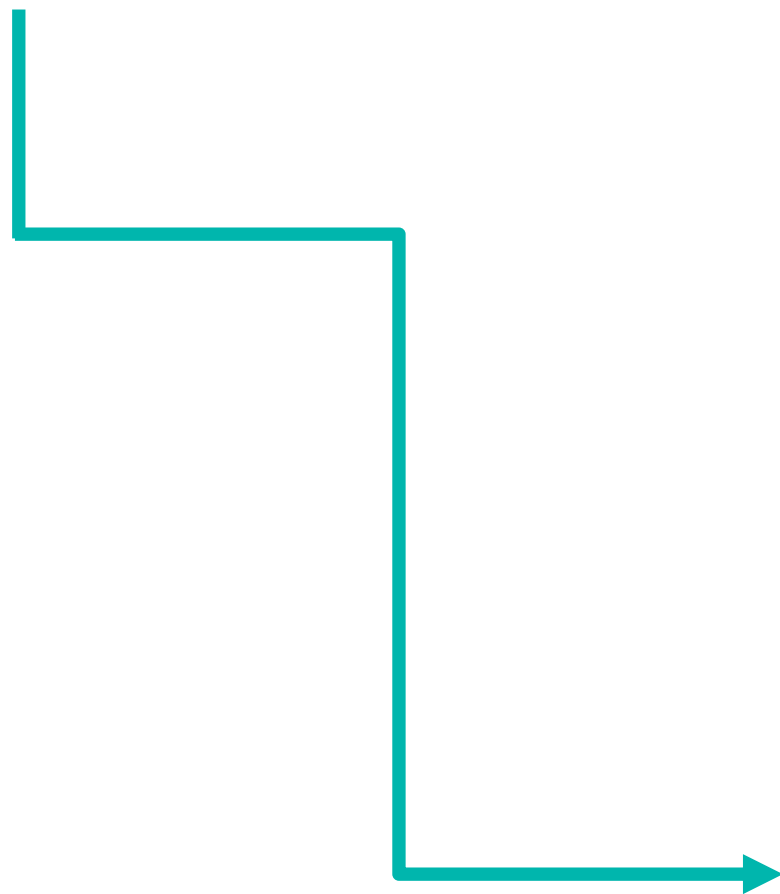
Hiking
Brisk walking
Get up from the floor
Walk 1.5 kilometres
Cutting toenails
Shopping
Using steps
Walk 370 metres
Heavy housework
Full wash
Cook a hot meal
Moving around
Transfer from a chair
Light housework
Transfer from a toilet
Get dressed
Transfer from bed
Wash face and hands
Eat independently

LIFECURVE™

The horizontal axis



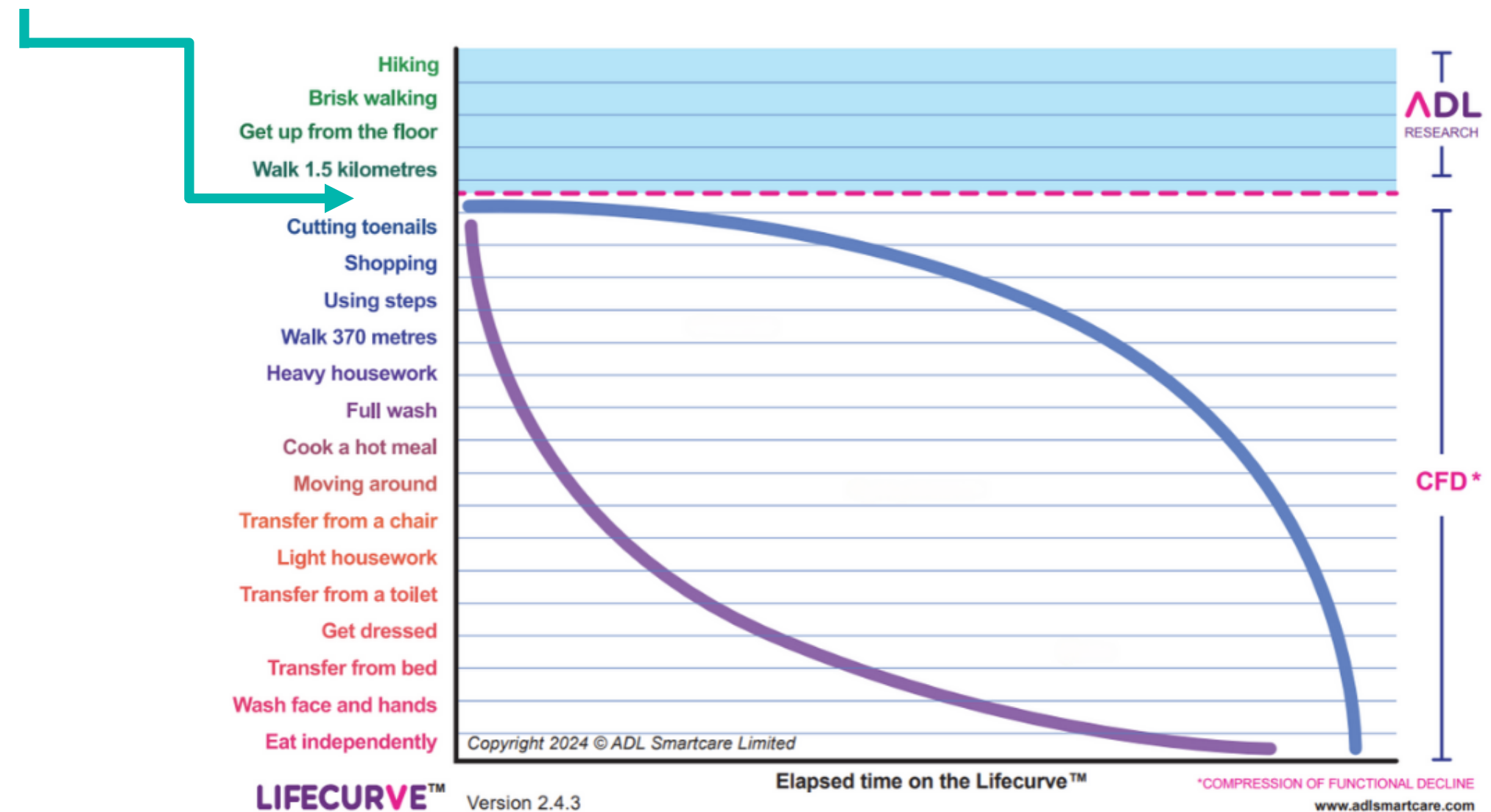
The horizontal axis represents time elapsed.



The red dotted line



The red dotted line represents the point where a person is commencing concerning functional decline.



The curves

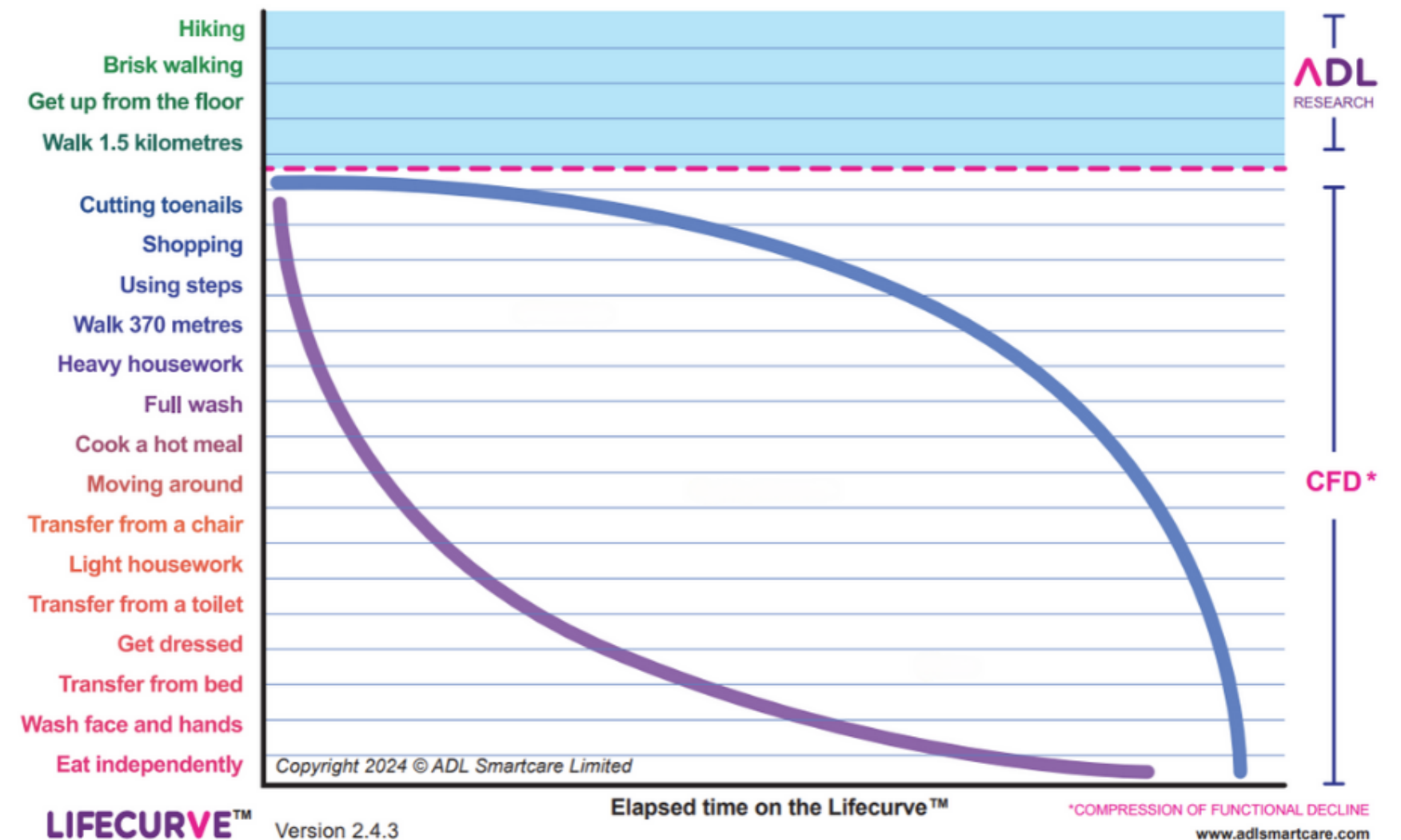
The two curves (**blue** and **purple**) represent possible trajectories of functional losses.



The **purple** curve represents an **early** and **rapid** functional decline



The **blue** curve represents a **delayed** and **slow** functional decline



Choose a curve

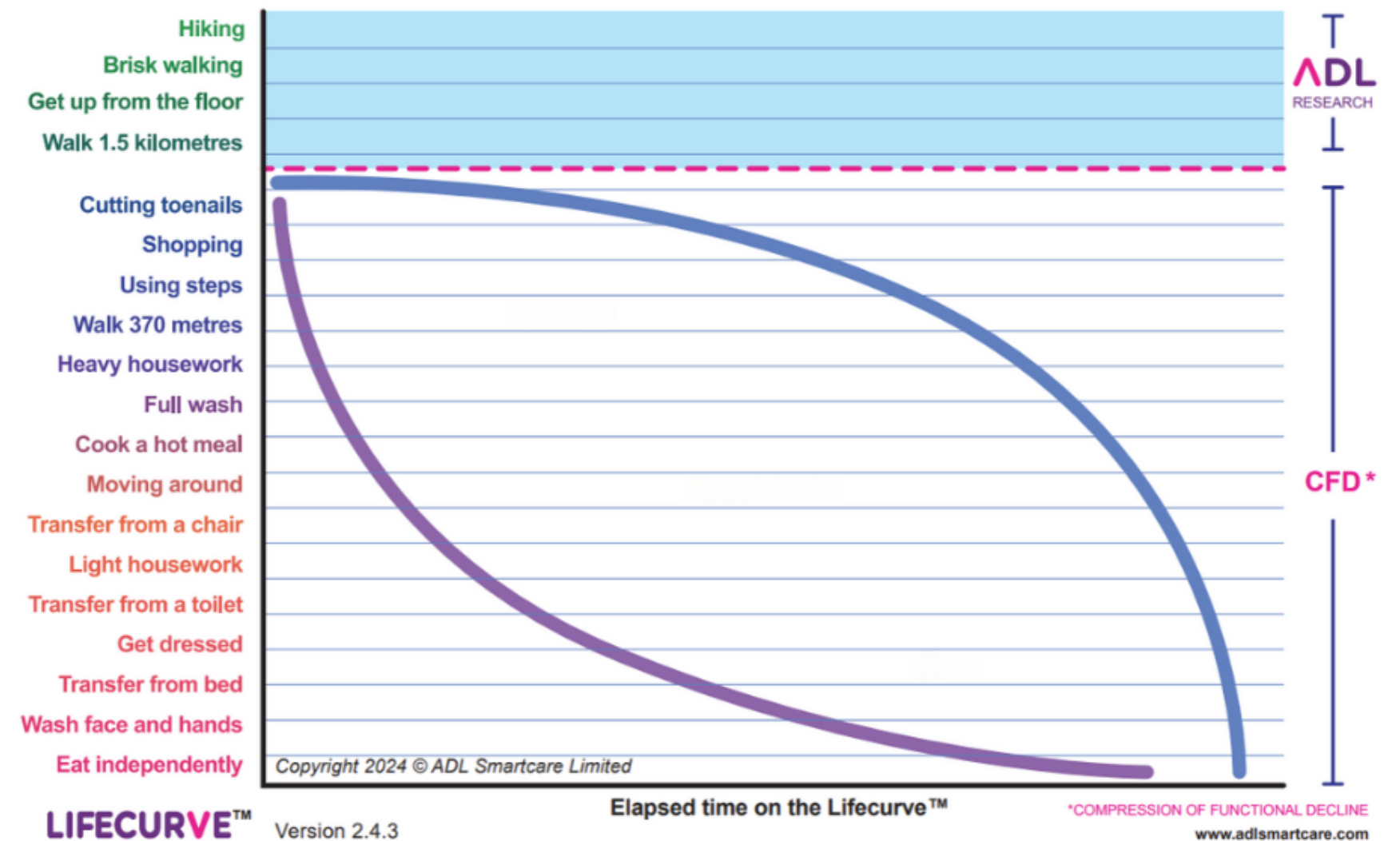
If you were an old older adult, what would be your preferred path?



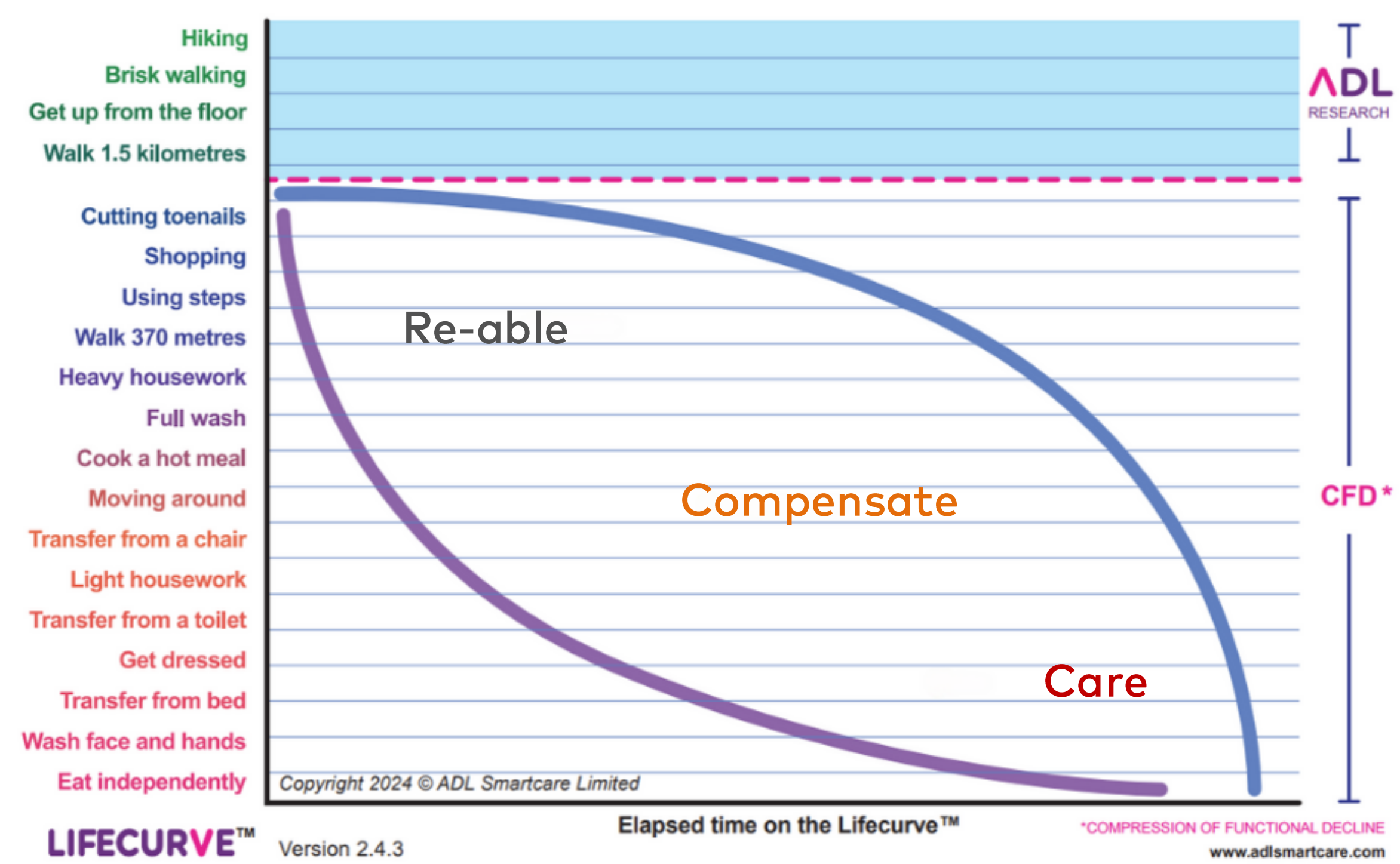
The **blue** curve?



The **purple** curve?



Interventions



Interventions

"My client broke her arm and is in a cast. Now she can't eat on her own. If she is at the bottom of the LifeCurve, does this mean she isn't suitable for reablement?"



Interventions

Good question!

These are examples of incidents that are **not** part of the normal ageing process:

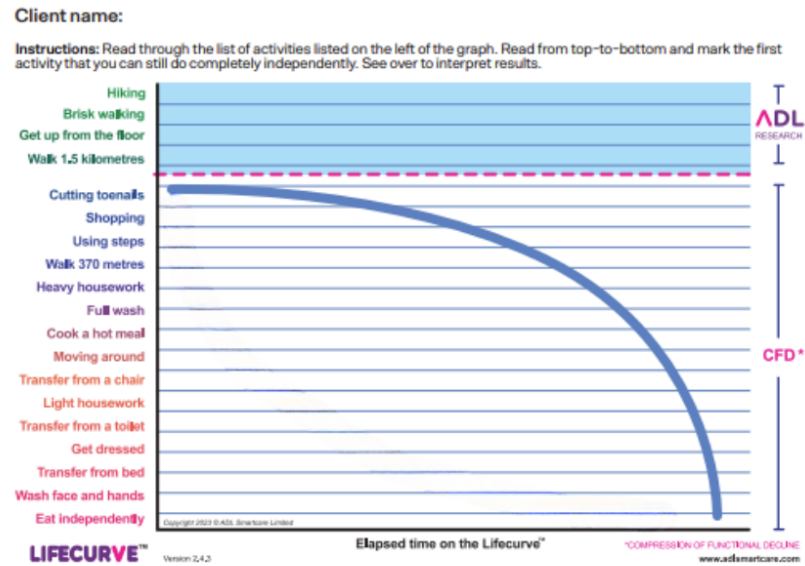
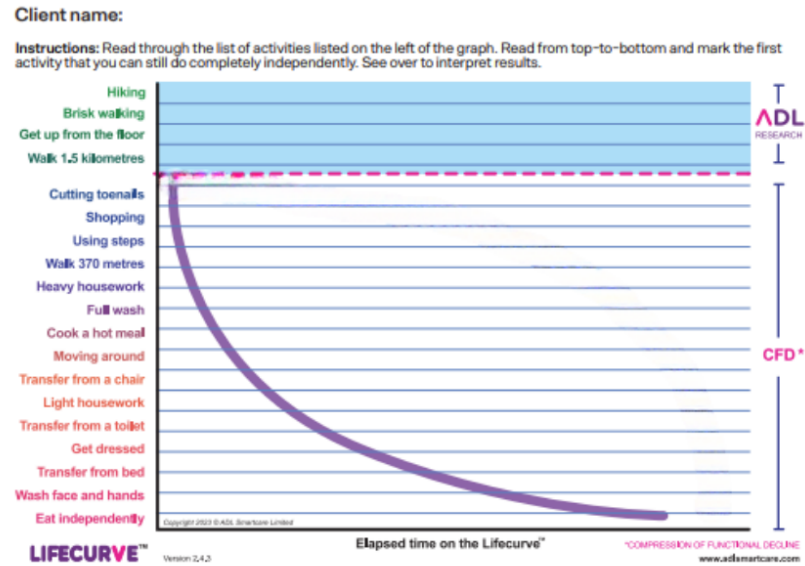
- Sickness (e.g., pneumonia)
- Fractures
- Elective surgery (e.g., hip replacement)
- Stroke

Conditions such as Parkinson's Disease and Dementia are also **not** part of the 'normal' ageing process.



Taking control of the ageing journey

Research shows that 70% of our ageing journey is related to factors other than genetics, such as lifestyle.



Staying active supports...



Physical health



Brain health



Mental health



Premature help = Premature disability!

How LifeCurve™ can help clients

LifeCurve™ can help share ageing science with older adults.

LifeCurve™ can help older people:

Think realistically about their current ageing journey

Understand the potential ageing paths

Make informed lifestyle choices to best support their ageing journey

Recognise that wellness and reablement can improve the ageing journey

Be inspired to set goals for improved functional ability and quality of life

How LifeCurve™ can help service providers

LifeCurve™ can help service providers:

Identify clients who are suitable for reablement and/or other approaches

Motivate clients to participate in reablement

Uphold aged care quality standards by:

- Promoting clients' informed decision making, based on evidence
- Supporting independence
- Promoting collaborative assessment and care planning
- Enhancing staff knowledge to support evidence-based practice

Learning activity



Now we will:

- Compare the experiences of Imelda and Tom who have both recently experienced functional decline
- Break into groups of 2-3 and discuss one of the case studies (8 minutes)
- Compare the experiences of Imelda and Tom, and see how LifeCurve™ influences our understanding of these clients' journeys (5 minutes)

Summary (Part 1/2)

LifeCurve™...

- ✔ Is an evidence-based framework that shows patterns of **normal** aged-related decline
- ✔ Shows functional decline is delayed or slowed when people remain active at home & in the community
- ✔ Can help motivate clients by sharing positive ageing science
- ✔ Can help identify candidates for reablement



Summary (Part 2/2)

Compressing (delaying or slowing) functional decline...

- ✓ Promotes wellbeing by supporting independence and dignity
- ✓ Helps older people have 'more good days'
- ✓ Supports older people to remain in their home and community of choice



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Thank you

Questions?

