

# What and why of wellness and reablement

Bitesize Skills Development  
'Stepping back from stepping in'

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# Session objectives

## Participants will:

Define

wellness and reablement

Understand

why wellness and reablement is embedded  
in all aged care services

Understand

how wellness and reablement approaches  
differ from traditional home care services

Reflect

upon their own practices when working with  
older adults

What does wellness and reablement mean?

This question has been the  
source of much confusion.

**Why?**



# First...What is wellbeing?

"How you feel about yourself and your life"

[betterhealth.gov.au](https://betterhealth.gov.au)



Physically



Mentally



Cognitively



Socially



## Factors that influence wellbeing

A happy intimate relationship with a partner

Living in a fair and democratic society

A sense of belonging

Enough money

Having a fulfilling career

Fun hobbies and leisure pursuits

The ability to adapt to change

Realistic and achievable goals

Healthy self-esteem

Regular exercise

Optimistic outlook

Nutritious diet

Enough sleep

Spiritual or religious beliefs

A network of close friends

Sense of purpose and meaning

## What is a 'wellness' approach?

"...assessment, planning and delivery of support that builds on individuals' strengths, capacity, and goals and encourages actions that promote independence in daily living tasks, as well as reducing risks to living safely at home".

Living well at home: CHSP Good Practice Guide  
Department of Health and Aged Care (2015)



## OK, what is 'reablement' then?

"...**short-term or time-limited interventions** that target a person's specific goal or desired outcome to adapt to some functional loss or regain confidence and capacity to resume activities".

Living well at home: CHSP Good Practice Guide  
Department of Health and Aged Care (2015)



# Wellness and reablement. Same but different.

Principles	Wellness	Reablement
Encourages independence	✓	✓
Builds on strengths and abilities	✓	✓
Avoids "doing for" and encourages "doing with"	✓	✓
Focuses on what the person <b>can</b> do and <b>potentially</b> do	✓	✓
Identifies and addresses what the person <b>wants</b> to do	✓	✓
Aims to minimize the need for services	✓	✓
No time limitation	✓	✗
Time limited (up to 12 weeks)	✗	✓
Interventions generally more intensive	✗	✓

## 5 ways to improve independence:

- ✓ **Building capacity**  
(e.g. improve balance)
- ✓ **Modifying the environment**  
(e.g. installing grab rails)
- ✓ **Modifying tasks**  
(e.g. sitting down to prepare vegetables)
- ✓ **Providing assistive technology**  
(e.g. jar opener)
- ✓ **Providing helpful information**  
(e.g. falls prevention)



# Times are changing

In the past...

Home **Care** services = Doing **for** clients

Now...

Home **Support** services = Doing **with** clients



# Why wellness and reablement?

- Budget and Human Resources pressures
- Royal Commission into Aged Care recommendations
- It works!
- It's respectful

**And most importantly...**



## It supports the Human Rights of older adults

Older persons should have access to health care to help them to maintain or regain the optimum level of physical, mental and emotional well-being and to prevent or delay the onset of illness"

(United Nations Principles for Older Persons)

**Achieving excellence in wellness and reablement...**

...may require you to re-think ageing  
and how you work with older people.



## Do you work in aged care because you...

Feel sorry for older people?

Want to "look after" older people?

Want to keep older people safe?

Want to make their lives easier because it is difficult being old?

OR

Want older people to maintain and/or improve their skills and abilities?

Want to work in partnership with older people so they can do the things that are important to them?

Want to support older people to be independent?

Partner with older adults so they lead fulfilling lives as valued members of the community?

# Thoughts can influence outcomes

The success of wellness and reablement depends upon employees and society recognising the **knowledge, skills, abilities** and **potential** of older people.



## Re-think to Re-able

- ✓ Ask yourself, "Am I supporting the older person's human rights to health, wellbeing and independence?"
- ✓ 75% of a person's ageing experience is influenced by lifestyle factors, not genetics.
- ✓ It's never too early and almost never too late to make lifestyle changes.
- ✓ Help clients be physically active at home and in the community. Movement is medicine!
- ✓ Encourage older people to try new things.



## Learning activity



### Identifying strengths

- Think of a client or older person that you know.
- Use the worksheet provided to identify their strengths (rather than focusing on their problems).



### Discussion

- Share at least one of your observations with the group.
- Group discusses how this strength can support a person's wellbeing and participation in life.

## Summary

- ✓ **Wellness and reablement** approaches are required at all levels of aged care services because they support healthy ageing.
- ✓ **Wellness** is an overall approach that supports older adults to have meaningful, fulfilling lives and promotes independence.
- ✓ **Reablement** services are more intensive, time limited and goal-focused.
- ✓ **Healthy ageing** is achieved by participating in all aspects of household, family and community life.
- ✓ Healthy ageing is a **human right** and you can support it!



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**Thank you**

**Questions?**

