

Reablement Care Plan Examples

These examples show how to write reablement goals for different activities of daily living (ADL) – dressing, laundry, housework, leisure participation, and social participation. When making a reablement plan, think about ways to build capacity, modify tasks, adapt the environment, recommend assistive technology (AT), and provide information.

What I want to achieve (SMARTA goal)	Actions that will help me achieve this goal	Who is responsible?	Day/Date/Frequency	Date action completed
Dressing ADL I want to put on and take off my shoes and socks independently within 4 weeks, using equipment if necessary <input type="checkbox"/> Achieved Date: _____	Build capacity: Exercise to improve my flexibility and strengthen my hands	Coordinator to refer to physio Physio to create exercise plan	[Frequency and/or date to be completed]	[Date]
	Assistive technology: Learn to use a sock aid, shoehorn, and dressing stick	Support worker	E.g., twice per week until [date]	
	Provide information and modify the task: Review footwear recommendations and look for styles that I can manage	Coordinator Client and daughter		

What I want to achieve (SMARTA goal)	Actions that will help me achieve this goal	Who is responsible?	Due date	Date completed
Laundry ADL I want to hang my washing on an outside clothesline independently in 10 weeks <input type="checkbox"/> Achieved Date: _____	Build capacity: Progress through these steps: <ul style="list-style-type: none"> • Increase my standing time at the clothesline with my support worker, resting on a chair as needed • Passing items from a waist-height laundry basket for my support worker to hang out • Hanging out small items while my support worker hangs out the rest • Hang out all clothing items while my support worker hangs out linen items • Hang out everything without support 	Support worker	[Frequency and/or date to be completed]	[Date]
	Modify the environment: Install a door catch on the back door to hold the door open while taking the laundry out	Coordinator to refer for installation		
	Assistive technology: Trial a wheeled laundry trolley	Coordinator to source trolley, support worker or physio to trial with client	E.g., 1 to 2 trials before [date]	

What I want to achieve (SMARTA goal)	Actions that will help me achieve this goal	Who is responsible?	Due date	Date completed
Housework ADL In 12 weeks, I want to be able to vacuum my floors once a week without back pain or fatigue <input type="checkbox"/> Achieved Date: _____	Modify the environment: Consider removing rugs that trap dust and are difficult to vacuum	Client to decide		[Date]
	Assistive technology: Trial a lightweight stick vacuum	Coordinator to source		
	Modify the task: Progress through these steps: <ul style="list-style-type: none"> • Trial vacuuming a small room with a stick vacuum while my support worker vacuums the remainder of the house • Trial vacuuming a larger room with a stick vacuum while my support worker vacuums the remainder of the house • Vacuum 2 rooms on different days while my support worker vacuums the rest • Develop a cleaning schedule with my support worker using pacing principles • Use the cleaning schedule to gradually increase the number of rooms vacuumed by 1 per week 	Support worker to demonstrate and start trial Support worker to vacuum the rooms that are not vacuumed Refer to occupational therapist if needed	[Frequency and/or date to be completed]	
	Provide information: Review information from my coordinator about pacing for fatigue and pain management	Coordinator		

What I want to achieve (SMARTA goal)	Actions that will help me achieve this goal	Who is responsible?	Due date	Date completed
Leisure participation ADL Within 12 weeks, I would like to join and meet with a book club. <input type="checkbox"/> Achieved Date: _____	Provide information: <ul style="list-style-type: none"> Find book clubs with openings by visiting libraries and conducting online searches with my support worker Learn about fall prevention strategies to improve my mobility & sense of safety 	Coordinator or support worker Coordinator to refer to fall prevention programme	[Frequency and/or date to be completed]	[Date]
	Build capacity: <ul style="list-style-type: none"> Under the guidance of my support worker, learn how to access and navigate public transport timetables If only online book clubs are available, learn how to join virtual meetings Exercise to improve my walking ability and confidence in the community Practise using the identified transport options 	Coordinator or support worker OT and/or physio if additional support is needed		
	Modify the task: With support, arrange transport for my first few book club meetings to build up my confidence	Coordinator		

What I want to achieve (SMARTA goal)	Actions that will help me achieve this goal	Who is responsible?	Due date	Date completed
Social participation ADL In 8 weeks, I want to be able to use my smartphone to send text messages and use Facebook to communicate with my children and grandchildren, who live interstate <input checked="" type="checkbox"/> Achieved Date: _____	Provide information: <ul style="list-style-type: none"> With support, I'll check if I have the apps I need on my phone - and, if not, I'll learn how to download them Once I have the apps I need, I'll learn about their features and how to use them 	Support worker or OT (depending on the level of support needed)	[Frequency and/or date to be completed]	[Date]
	Modify the task: <ul style="list-style-type: none"> Explore my phone's accessibility functions to make it easier to use – for example, voice-to-text, text-to-voice, and adjustable font sizes 	Support worker or OT (depending on the level of support needed)		
	Build capacity: <ul style="list-style-type: none"> Practise messaging with step-by-step instructions from my support worker As I'm getting started, I'll send messages under my support worker's guidance and/or with their prompting 	Support worker or OT (depending on the level of support needed)		