WELLNESS

May involve goal-setting

For everyone

Across all aged care service types and settings

Interdisciplinary teams or single worker

Maintains reablement outcomes

Foundation for reablement

Mental and physical health

Social connectedness

Fundamental change in mindset

Understanding risk and protective factors for health and wellbeing

Independence in everyday activities

Task redesign

Support to engage with community and social networks

Regular reviews and/or reassessments

Task prioritisation

Prevention

Emotional and social wellbeing

Acceptance

Future aspirations

Preparing for the future

REABLEMENT

Period(s) of intensive service provision

Interdisciplinary team

Everyone has option to receive

Physical and other related nonpharmacologic approaches

Home modifications

Support with activities of daily living

Needs, strengths and preferences

Dignity of risk

Allied health and health services

Assistive technology

Bio-psycho-social, individualistic and holistic approach

Falls prevention

Cognitive disability and day-to-day functioning

Exercise programs

Always involve goal-setting

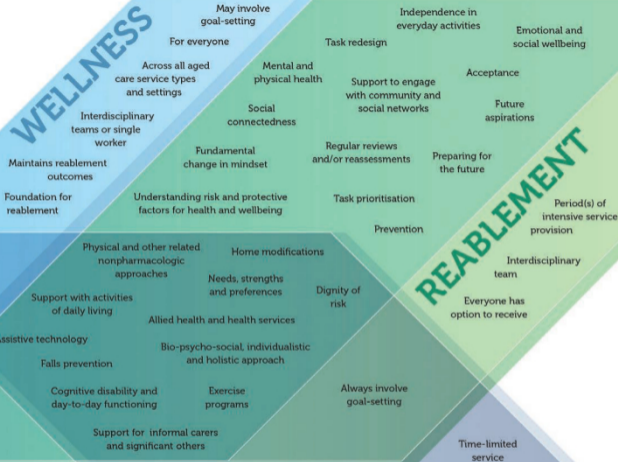Support for informal carers and significant others

Time-limited service

RESTORATIVE CARE & REHABILITATION

Response to a sudden loss of function

Regaining function

Adapting to specific functional losses