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Reablement Essentials

Volume one

keepable.com.au

What is Reablement Essentials

Reablement Essentials are practical resources that support the implementation of wellness and reablement. Each Reablement Essential is dedicated to a specific topic and content is carefully curated by our Sector Support and Development team at KeepAble.

A Reablement Essential may include:

- KeepAble Resources developed specifically for that topic;
- Links to related resources from the Department of Health and Aged Care;
- Links to helpful resources from other Sector Support and Development organisations;
- Links to specialist agencies/organisations relating to that topic;
- Podcasts/Webinars.

Accessing a Reablement Essential will give you a thorough and accessible place to start your search for Wellness and Reablement resources and potentially save you from time consuming internet searching.

included in this volume

1

An introduction to LifeCurve™

This resource will introduce you to the LifeCurve™. You may have seen brief reference to LifeCurve™ in the CHSP Manual. However, LifeCurve™ can promote reablement discussions with both staff and clients. Read on to find out why.

2

Learning about LifeCurve™

Understanding the key elements of LifeCurve™ will help you recognise patterns of age-related functional changes. You will be able to identify clients at risk for age-related functional decline but also their potential to live a fulfilling life with more good years. This resource will give you knowledge you can share with a client to motivate them.

3

How to do a client self-assessment with LifeCurve™

Imagine working with a client who is self-motivated for reablement. The LifeCurve™ offers a visual representation of both desirable and undesirable ageing experiences. This resource will show you how to help a client self-assess their current status. It can be the first step to recognising the benefit of reablement.

4

Interpreting the LifeCurve™

Once your client has done their self-assessment on the LifeCurve™, you can help them understand what their results mean. This resource will help you and the client understand the implications of their result and what they can do.

5

Client self-assessment for visually impaired

If you have a client who has difficulty reading the original LifeCurve™, you can use these resources that have larger print. Please note that if your client cannot read this modified version due to vision impairment, then LifeCurve™ is not an appropriate tool to use.

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1

An introduction to
LIFECURVE™

An evidence-based tool to promote Reablement to clients

“Why won’t you just do it for me?”

How many times have you been asked this question by a client, who wants you to clean their house or do their laundry (while they sit on the couch with their feet up)?

“Client mindset” has been identified as a common barrier to implementing wellness and reablement, so what can be done about it?

Getting everyone on board with wellness and reablement (W&R)

Collaboration between providers and clients can be improved by:

- Consistent messaging at all stages of assessment and service provision.
- Providing practical information to clients that explains the value of W&R for independence and quality of life.
- Helping clients think realistically about changes in their functional abilities and identify their needs and goals.

Introducing the LifeCurve™

You may have seen LifeCurve™ in the 2023–2024 Commonwealth Home Support Programme Manual (pp.15–16). There is also an image of the Lifecurve™ on the next page.

Based on extensive research by Professor Peter Gore of the Institute of Aging (Newcastle University, UK), LifeCurve™ is a framework that demonstrates patterns of age-related functional decline experienced by older adults.

The framework shows the functional abilities that older people lose over time, in the order in which they lose them. LifeCurve™ helps older people identify concerning changes in their independence. It aligns with research that reveals being independent in daily tasks helps maintain independence, autonomy, and quality of life as people age.

Service providers can use this framework to share the positive and motivating messages from ageing science. Clients who understand the evidence from LifeCurve™ can appreciate the value of W&R approaches and change their mindset about home support services.



LifeCurve™ ...“illustrates that the sooner someone stops performing certain tasks for themselves, the faster they tend to lose their functional ability”

(Commonwealth of Australia, 2022, p.15).

To understand how LifeCurve™ can help clients engage in reablement, see ‘Learning about LifeCurve™’

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2

Learning about
LIFECURVE™

An evidence-based tool to promote Reablement to clients

Learning about LifeCurve™

LifeCurve™ represents important information from healthy ageing science. Staff and clients can benefit from understanding the LifeCurve™ framework. The content is evidence based, so you can use it with confidence. The graph is visually engaging, making the concepts easy to understand for staff and clients.

LifeCurve™ for clients

Understanding LifeCurve™ is important for clients because:

- It helps them reflect accurately on their functional abilities.
- It enhances knowledge about how to pursue a healthy ageing journey.
- With knowledge, comes autonomy; the ability to make informed decisions about lifestyle choices and services.
- With this knowledge, they are more likely to appreciate the benefits of Wellness and Reablement interventions.



LifeCurve™ for providers

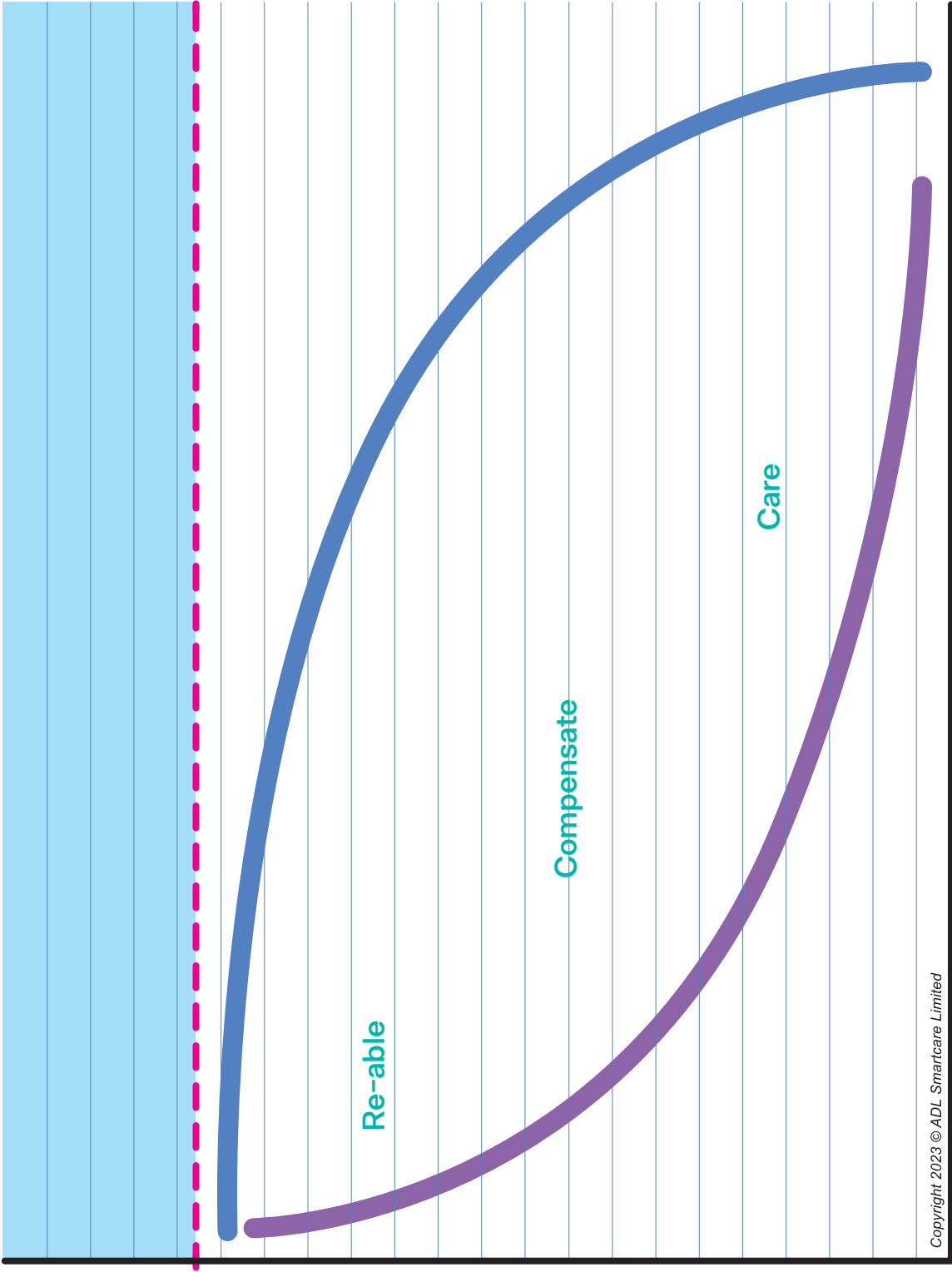
Understanding LifeCurve™ is helpful for providers because:

- It promotes evidence based practice
- It can help promote an organisational culture of 'doing with' instead of 'doing for', which is integral to the Wellness and Reablement approach.
- Effectively sharing LifeCurve™ knowledge with clients, will help engage them in Wellness and Reablement.
- Using LifeCurve™ resources can support outcomes relating to the Aged Care Quality Standards and Wellness and Reablement outcomes reporting.

A mutual (client and provider) appreciation of LifeCurve™ concepts promotes partnership. This is a fundamental expectation of the proposed Aged Care Quality Standards.

LifeCurve™ and 'normal' age-related decline

LifeCurve™ represents concepts of 'normal' age related decline. This means older adults can expect common physiological changes over time (e.g. decreased bone and muscle mass), with associated changes in functional abilities. The LifeCurve™ image represents 2 possible trajectories of 'normal' age-related decline which are described on the next page. Please note, the framework does not represent individuals who have pre-existing disabilities (e.g. spinal cord injury) or acquire significant disability (e.g. paralysis secondary to a stroke).



- 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

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Elapsed time on the Lifecurve™

*COMPRESSION OF FUNCTIONAL DECLINE
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LifeCurve™ elements explained

The vertical axis lists a range of activities. The top four are fitness activities, and the ones below are instrumental activities (IADL's) and activities of daily living (ADL's). The activities are listed in the order in which they tend to be lost as people age, (from top to bottom).

The horizontal axis simply represents time elapsed. You can see it does not specify age. This is because individuals experience functional decline at different ages and rates.

The red dotted line represents the point where a person commencing age-related functional decline. A person who is unable to do any of the activities above the red line is likely to benefit from early wellness and reablement intervention.

The curves demonstrate two possible trajectories (or patterns) of age-related functional decline for a person.

- **The blue curve** represents a slow functional decline over time, with a steep decline only at the very end of life. This curve suggests a person will have more good days with improved potential to remain longer in their own home.

- **The purple curve** represents an early, steep decline in function. This curve suggests a person is likely to have fewer 'good days' and significant difficulty managing in their own home. This is associated with higher risk of needing residential care.

Re-able, compensate, care are intervention types that a person may benefit from at various points on the graph. See '**Interpreting the LifeCurve™**' for more information on this. It will help you to discuss and plan your wellness and reablement approach with your client.



3

How to do Client self assessment with **LIFECURVE™**

An evidence-based tool to promote Reablement to clients

Encourage the client to complete a self-assessment

Before you commence!

- Ensure you and the client are seated somewhere comfortable, with good lighting.
- Check that the client has their glasses (if required) and that the glasses are clean.
- Check with the client about any hearing or vision impairments. If yes, see below.

Accommodating sensory deficits

If your client has **visual impairment** there is a full page version of the client self-assessment available. It can be printed A4 or A3 depending on client needs.

If your client has **hearing impairment**, there are written instructions available.

Facilitating the client self-assessment

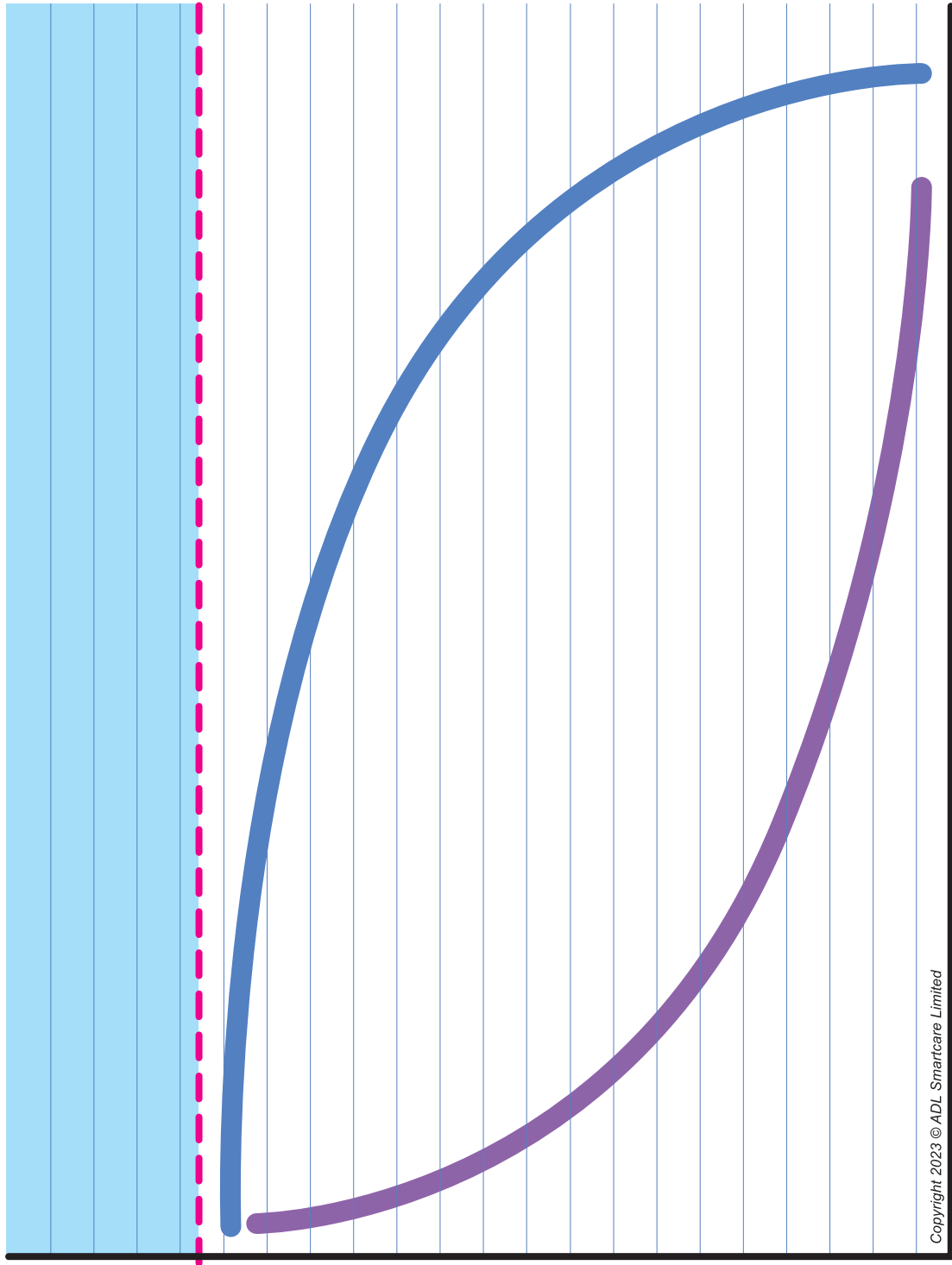
- Provide the consumer with the “Client Self-assessment: LifeCurve™” tool, included in this package.
- Ask the client to follow the instructions on the first page.
- You may need to clarify some of the activities and measures such as:
 - 1 mile = 1.6km,
 - 400 yards = 350m,
 - “Full wash” means full body wash and dry (including getting in/out of the shower/bath)
 - With the client, review and explain the results.

See over for tips on how to have this discussion.



Instructions: Read through the list of activities listed on the left of the graph. Read from top-to-bottom and mark the first activity that they can still do completely independently. See over to interpret results.

- 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



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CFD*

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Elapsed time on the Lifecurve™

*COMPRESSION OF FUNCTIONAL DECLINE
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LIFECURVE™

Version 2.4.3

Which activity did they circle? Find the activity in one of these panels and read the results.

<p>Hiking Brisk walking Get up from the floor Walk 1.5km (one mile)</p>	<p>Congratulations! If you are doing these activities safely and independently, you are probably not experiencing concerning functional decline. Continue being active at home and in the community. Recommended actions - If you are needing more information about opportunities for things to do and staying healthy, contact LiveUp at www.liveup.org.au or on 1800 951 971. “Keep on keeping on!”</p>
<p>Cutting toenails Shopping Using steps Walk 350m Heavy housework (vacuuming, cleaning floors)</p>	<p>Be proactive - NOW! Having difficulty with these activities, indicates early changes in your independence. Recommended actions - Chances are, if you have some short-term support, you can be in the “green” again, or significantly slow down future decline. This is a great opportunity to move... “Onwards and upwards”</p>
<p>Full wash (complete body wash and dry) Cook a hot meal Moving around Transfer (stand up) from a chair Light housework</p>	<p>Day-to-day life is getting hard. To stay happily and safely at home, you need to stay away from the red zone! Recommended actions - Home support services that promote your current abilities and maximise your potential will help you: <input checked="" type="checkbox"/> Maintain your position on the LifeCurve™ or even <input checked="" type="checkbox"/> Move back up the LifeCurve™ “Use it or lose it!”</p>
<p>Transfer (get up) from toilet Get dressed Transfer (get up) from bed Wash face and hands Eat independently</p>	<p>Remaining in your home is at risk! If you are in the red zone, you are probably receiving considerable support from home care services and/or family and friends. Recommended actions - Work with your home care provider to keep your mind and body active by doing parts of tasks (no matter how small). Staying in your own home may depend on... “Holding on to what you’ve got”</p>

4

Interpreting the **LIFECURVE™**

An evidence-based tool to promote Reablement to clients

Interpreting the LifeCurve™

Ideally, older people will have an ageing journey that has more good days, where they enjoy independence and autonomy in their own home.

LifeCurve™ demonstrates ageing journeys that are commonly experienced in older adulthood. If you do not know about LifeCurve™ yet, you can:

- Undertake the e-learning module “Introduction to LifeCurve™ ”
- Review the Reablement Essentials documents:
 - “An Introduction to LifeCurve™” and
 - “Learning About LifeCurve™”

These resources are all available at [keepable.com.au](https://www.Keepable.com.au)

LifeCurve™ can be used in collaboration with clients to identify their current functional abilities. The process opens an opportunity for:

- Clients to reflect upon how well they are ageing and how they might enjoy more good days as age and
- Providers to introduce wellness and reablement as a strategy to promote healthy ageing.

To have an effective discussion, it is important that providers understand the implications of a client's LifeCurve™ results™. The following information will outline the:

- Functional implications of different levels of the LifeCurve™
- Possible actions that can be taken in partnership with the client, to improve their ageing journey.



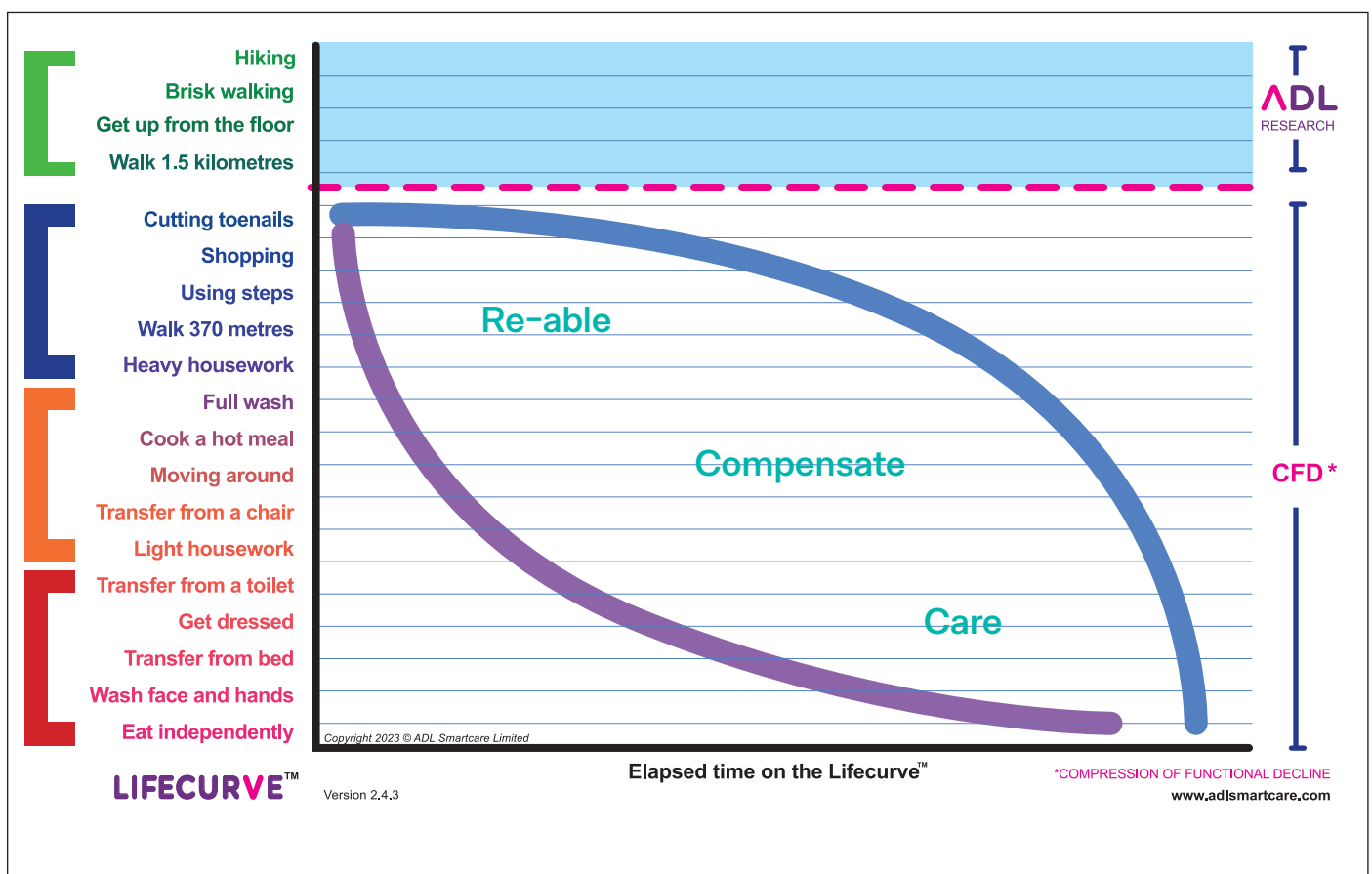
Interpreting the graph

You will recall from previous learning that the vertical axis of the graph shows a range of activities. The top four (in green) are indicators of fitness and the remaining activities (below the red dotted line) are **activities of daily living (ADLs)**. The activities are listed from top to bottom in the order that older people lose these abilities (due to normal age-related decline).

The lower a person scores on the graph, the more concerning the functional implications are.

In the image below, the activities have been grouped together and coded by colour. The groupings are associated with general implications for a client's future ageing journey.

Each client's circumstances are unique. Therefore, the categories are for guidance only, but they are helpful for understanding options and facilitating discussions with clients about their results. To interpret the results, including **functional implications** and **potential actions**, see the next pages.



<p>Hiking Brisk walking Get up from the floor Walk one mile (1.5km)</p>	<p>Functional implications</p> <p>Individuals who can still do the GREEN activities (above the red dotted line) are generally living well in the community. They are not demonstrating concerning age-related decline and are unlikely to be receiving home services.</p>	<p>Potential actions</p> <p>If you meet a client functioning on this level, you may like to consider referring them to LiveUp for tips on how to continue their healthy ageing journey.</p> <p>The goal for this client is to continue to live well and delay age-related decline.</p> <p>LiveUp: 1800 951 971 liveup.org.au</p>
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<p>Cutting toenails Shopping Using steps Walk 350m Heavy housework (vacuuming, cleaning floors)</p>	<p>Functional implications</p> <p>Clients who are functioning in the BLUE zone (i.e. cannot do the green activities) are showing early signs of age-related functional decline.</p> <p>Note that the inability to cut toenails is an early warning sign of decline.</p> <p>The good news is these clients are excellent candidates for reablement. They have the potential to function in the green zone again.</p>	<p>Potential actions</p> <p>This early stage is an ideal opportunity for reablement.</p> <p>Yes, now!</p> <p>Encourage the client 'onwards and upwards' to regain independence in daily activities higher on the axis.</p> <p>These clients are likely to benefit from targeted, short-term interventions to promote independence and confidence. Consider a referral for a reablement programme.</p>
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<p>Full body wash Cook a hot meal Moving around Transfer from a chair Light housework (e.g. dusting)</p>	<p>Functional implications</p> <p>Clients functioning in the ORANGE zone (i.e. cannot do the blue activities) are having difficulty with personal care and movement for safety and independence.</p> <p>If not halted (or reversed where possible), the decline can pose a significant risk to living safely and happily at home in the future.</p>	<p>Potential actions</p> <p>Identify the client's remaining abilities and encourage them to 'use it or lose it' to prevent a further slide down the curve. Look for opportunities to work back up the curve where possible.</p> <p>Compensatory strategies (e.g. sitting to shower) are commonly used to address functional difficulties that can't be reversed.</p>
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<p>Transfer from toilet Get dressed Transfer from bed Wash face and hands Eat independently</p>	<p>Functional implications</p> <p>Clients functioning in the RED zone (i.e. cannot do the orange activities) are at high risk for not being able to stay in their home. They are likely to be receiving high levels of care from family, friends and/or agencies.</p>	<p>Potential actions</p> <p>Identify the client's remaining strengths and help them to 'hang on to what they have' to stop them sliding further down the curve. Look for any opportunities to move up the curve if possible, although it may be limited at this stage.</p>
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What next?

Check out our supportive eLearning modules: elearning.keepable.com.au

Use our bite size learning presentations with your team:

keepable.com.au/professional-development-resources/bitesize-sessions/

Ask us to present to your team. Send an email request to: keepable@ilaustralia.org.au

Need further information or have a question? keepable.com.au/contact-us/

For visually impaired client self-assessments, please see following pages.

5

Modified self assessment for the **LIFECURVE™**

For Clients with visual impairment

An evidence-based tool to promote Reablement to clients

LifeCurve self-assessment for clients with visual impairment

Many clients who are unable to read the standard (A4 size) LifeCurve™ image due to visual impairment, can still participate in self-assessment. You can offer your client this large print option.

If your client has severe vision impairment, to the extent that they cannot read large print, then the LifeCurve™ self-assessment is not appropriate.

Large print protocol

Print an enlarged LifeCurve™ graph on A3 paper. Ask the client if they are able to:

- Read the text on the vertical axis
- See the two curves (it doesn't matter if they cannot identify the colour – recognising the shape is satisfactory)

If the client is unable to read the text on the vertical axis, provide them with the Activities of Daily Living Checklist (large print included) in this document.

Ask the client to read and follow the instructions at the top of the page. Don't forget, if the client is unable to read large print version, they should not continue self-assessment with LifeCurve™.

Once the client identifies their current level of function, ask them to circle the relevant activity on the vertical axis using a black marker for high contrast. you can assist them to do this if they are unable to do it themselves.

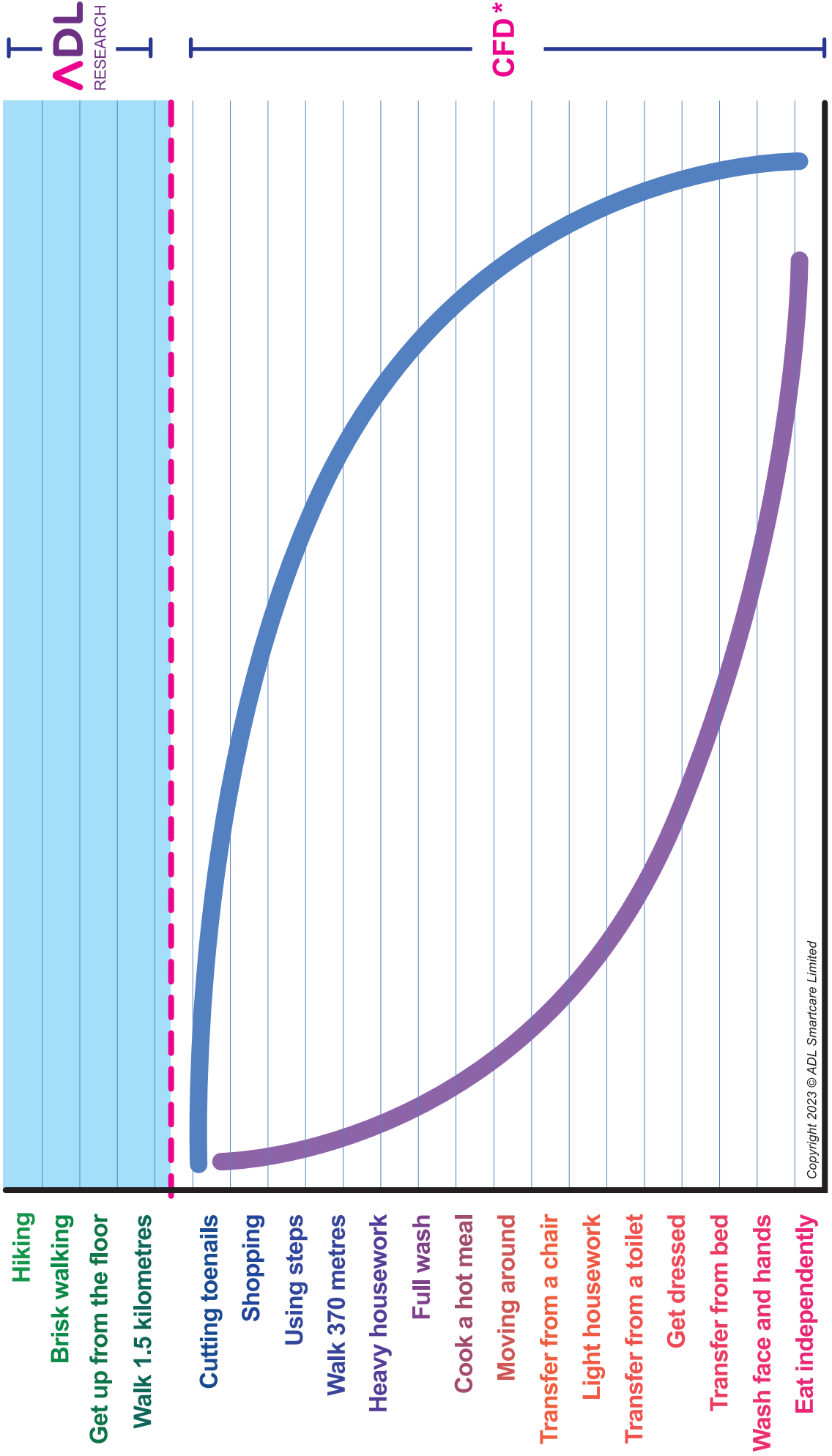
Continue with an explanation of the results. The interpretation information is also provided in large format

You may like to collate a supply of vision impairment packs with:

- A3 LifeCurve™ graphs
- Activities of Daily Living Checklist (large print)
- LifeCurve™ results

Client name:

Instructions: Read through the list of activities listed on the left of the graph. Read from top-to-bottom and mark the first activity that you can still do completely independently. See over to interpret results.



Activities of Daily Living Checklist

The two columns below have lists of common daily activities. The activities are listed in order, from the most challenging to the least challenging. To read them in the correct order, start at the left column and read from top to bottom. Then go to the right column and read from top to bottom.

As you read each activity, think about whether you can do it independently. (Independence means doing it without the assistance of another person.) Circle the first activity you read that you can do independently.

Hiking

Brisk walking

Get up from the floor

Walk one mile (1.5km)

Cutting toenails

Shopping

Using steps

Walk 400 yards (350m)

Heavy housework (vacuuming,
cleaning floors)

Full wash
(complete body wash and dry)

Cook a hot meal

Moving around

Transfer (stand up) from a chair

Light housework

Transfer (get up) from toilet

Get dressed

Transfer (get up) from bed

Wash face and hands

Eat independently

Which activity did you circle?

Find the activity in one of the following panels and read the results.

Hiking
Brisk walking
Get up from the floor
Walk one mile (1.5km)

24

Congratulations!

If you are doing these activities safely and independently, you are probably not experiencing concerning functional decline. Continue being active at home and in the community.

Recommended actions –

If you are needing more information about opportunities for things to do and staying healthy, contact LiveUp at www.liveup.org.au or on 1800 951 971.

“Keep on keeping on!”

Cutting toenails

Shopping

Using steps

Walk 400 yards (350m)

**Heavy housework (vacuuming,
cleaning floors)**

Be proactive – NOW!

Having difficulty with these activities, indicates early changes in your independence.

Recommended actions –

Chances are, if you have some short-term support, you can be in the “green” again, or significantly slow down future decline.

This is a great opportunity to move...

“Onwards and upwards”

Full wash (complete body wash and dry)
Cook a hot meal
Moving around
Transfer (stand up) from a chair
Light housework

26

Day-to-day life is getting hard.


To stay happily and safely at home, you need to stay away from the red zone!

Recommended actions -

Home support services that promote your current abilities and maximise your potential will help you:

- Maintain your position on the LifeCurve™
or even
- Move back up the LifeCurve™

“Use it or lose it!”



Transfer (get up) from toilet
Get dressed
Transfer (get up) from bed
Wash face and hands
Eat independently

Remaining in your home is at risk!

If you are in the **red zone**, you are probably receiving considerable support from home care services and/or family and friends.

Recommended actions -

Work with your home care provider to keep your mind and body active by doing parts of tasks (no matter how small). Staying in your own home may depend on...

“Holding on to what you’ve got”



Speak with us

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