



Keep  
Able  
every opportunity matters

Health and wellbeing

**BENEFITS**

# Reablement Essentials

[keepable.com.au](http://keepable.com.au)

For more resources and support on wellness and reablement, visit: [keepable.com.au](https://www.keepable.com.au)

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# The health and wellbeing benefits of: Cleaning



Cleaning may not be “fun”, but it can help you stay fit, strong, and mobile. Think of it as an investment in your health, rather than a chore.

**Note:** If you are concerned about your health or safety doing these tasks, consult your doctor or home support provider.

## Physical benefits

### Endurance and fitness

Mopping, sweeping and vacuuming works your heart and lungs.

### Balance

Promote balance by vacuuming, reaching up and down to clean wall tiles, loading and unloading the washing machine and picking things up off the floor.

### Strength

Maintain strength by lifting wet clothes out of the washing machine, vacuuming carpets, making the bed, or squeezing spray bottles.

### Joint health

Keep joints mobile by squeezing water out of sponges, bending knees and hips to access low cupboards or reaching to hang clothes on the line.

### Fine motor skills and coordination

Keep fingers and hands nimble by pegging clothes on the line, ironing, and opening bottles/packages.

### Sleep

Yes! people who do a variety of housework tasks (even light tasks) often have better sleep.

## Social and emotional benefits

### Confidence

Cleaning can boost physical abilities and thinking skills. This improves confidence to do other activities at home and in the community.

### Privacy

Independence protects your privacy because you don't need support workers coming into your home.

### Choice and control

Maintain your home in a way that suits you. More independence means less lifestyle disruption from support worker appointments.

### Satisfaction

Sense of achievement and independence from looking after your own home.

## Cognitive (thinking) benefits

### Memory

Remembering all the tasks that need to be done.

### Planning and organising

Planning your cleaning tasks for the week, and making sure you have all the necessary equipment and products.

### Concentration

Focusing on getting the job done well and safely.

### Following instructions

Reading and following instructions for cleaning products.

# The health and wellbeing benefits of: Cooking



“Cooking and baking is both physical and mental therapy”. (Mary Berry)

## Physical benefits

### Endurance/fitness

Standing and moving around the kitchen.

### Balance

Reaching up high and down low into cupboards, the fridge and the oven.

### Strength

Keeping hands and upper limbs strong through cutting, chopping, carrying cookware, mixing, kneading, etc.

### Fine motor skills and coordination

Cutting, chopping, opening packaging, using utensils (tongs/vegetable peelers).

### Joint health

Keeping joints of the hands, arms, legs and spine mobile through reaching, bending using utensils, etc.

## Cognitive (thinking) benefits

### Decision making

Deciding what to cook.

### Planning and organising

Planning for the week, making a shopping list, doing the shopping, etc.

### Sequencing

Making sure everything is done in the right order for a successful meal that is ready at the right time.

### Concentration

Avoiding distractions, making sure all steps get done, monitoring the food as it cooks (don't let it burn!).

### Memory

Remembering where everything is in the kitchen and how to cook your favourite dish(es).

## Social and emotional benefits

### Choice and control

Enjoy being able to eat what you want, when you want it.

### Express values, likes and dislikes

Able to make your favourite foods, support cultural needs and values, look after your health, etc.

### Maintain relationships

Care for or support others in the household (e.g. husband, wife), cook for fun with grandchildren, entertain friends/family.

### Confidence and satisfaction

Enhanced by successfully preparing enjoyable meals, learning new skills, caring for others.

# The health and wellbeing benefits of: Going to a café with friends



**Did you know?** Social isolation and loneliness are as bad for your health as physical inactivity, obesity and smoking.

Regular outings with friends can improve your quality of life AND life span!

## Physical benefits

### Community mobility

Walking to the café (from home or the carpark). Walking through the café, moving safely between tables, chairs and people.

### Strength and balance

Using your muscles to get in and out of the car and stand up/sit down from different chairs.

### Fine motor skills and coordination

Using cutlery, buttering bread, handling money, movements required for driving (such as putting keys in the ignition)

## Cognitive (thinking) benefits

### Decision making

Deciding who to invite, where to go, what to wear and what to order.

### Planning and organising

Organising the time and place to meet and planning your day so you arrive on time.

### Communication skills

Using phone, text, email, etc. to confirm arrangements. Engaging in conversation with friends and interacting with café staff.

### Concentration

Paying attention to what your friends say and being able to ignore distractions.

### Memory

Remembering what is said and who said it. Recalling information about companions to support conversation (e.g. remembering where they went on holiday)

## Social and emotional benefits

### Choice and control

Indulging yourself with something you want from the menu.

### Maintaining important relationships

Connecting with friends and family, preventing loneliness.

### Confidence

Maintaining the ability to participate in activities outside of the house. Identifying and managing potential risks to stay safe.

### Connecting with community

Being immersed in vibrant and stimulating social situations, feeling part of things outside of home, supporting local businesses, talking to new people.

### Improved mood

All the benefits identified will help lift mood and reduce the risk for depression.

## Speak with us

### **Keep Able**

Freda Jacob House, 7 Tully Road, East Perth, Western Australia, 6004

Telephone: 08 6202 4700

Email: [keepable@ilaustralia.org.au](mailto:keepable@ilaustralia.org.au)

Web: [keepable.com.au](http://keepable.com.au)

