

Reablement in Reality

Practical Strategies in a Changing Industry

9 April 2025

Reablement in Reality, is Keep Able's second annual online conference, following last year's Rethink Reablement conference.

The conference will be offering aged care workers practical, evidence-based guidance to support their clients. Our line-up of experts will present practical tools and insights to implement wellness and reablement in a constantly changing sector, empowering you to provide person-centred care and promote independence.

We welcome back Paul Sadler as the MC. You will be guided to discover useful tips, strategies, and resources to help integrate a wellness and reablement-focused approach into your everyday workflow.

Program schedule

Welcome and introduction

8.00am WST | 10am AEST

Our MC, **Paul Sadler**, will start the day with a brief introduction, outlining the agenda and key takeaways.



About Paul

Paul Sadler has been a leader in the aged care sector for decades. Since 2021, he has run Paul Sadler Consultancy and co-founded Invox in November 2023.

He served as CEO of Aged & Community Services Australia (ACSA) from September 2021 to October 2022, where he played a pivotal role in establishing the Aged & Community Care Providers Association (ACCPA), later serving as its Interim CEO from June to October 2022. Before that, he was CEO of Presbyterian Aged Care NSW & ACT from April 2007 to March 2021. His career also includes leadership positions in Aged & Community Services NSW & ACT and key government roles in ageing and disability policy, including managing HACC (Home and Community Care) and Ageing Programs. He began his career as a social worker, supporting older adults, individuals with disabilities, and their carers.

Discover how the LifeCurve™ Framework transforms reablement practices in aged care. This panel session begins with a quick overview for newcomers, then features industry professionals from assessment, allied health, learning and development, and support work backgrounds. Learn how these experts apply LifeCurve™ concepts in their daily work to enhance client independence. **Kirsten Campbell** brings over 30 years of occupational therapy experience across the aged care spectrum to facilitate this practical discussion on implementing effective reablement strategies. Join us to gain actionable insights you can use immediately with your clients.

Kirsten will be joined by panellists:

- Tamara Ryan - Navigator for LiveUp at iLA
- Tanya Caputo - Care Service Worker at BaptistCare
- Samuel Dakey- Sociologist and PhD candidate with MARCS Institute for Brain, Behaviour and Development.

About Kirsten

With over 30 years of experience as an occupational therapist, Kirsten has worked across all aspects of aged care, from hospitals and nursing homes to community home visiting and day therapy.

She has also contributed to aged care recruitment, taught in the TAFE sector and at Edith Cowan University, and developed specialized training for the industry. Aware of the challenges providers face, particularly with ongoing reforms and regulatory demands, she is dedicated to creating practical, user-friendly resources at Keep Able that support wellness and reablement.

Beyond this, Kirsten is committed to changing the way society perceives and discusses ageing.



No one likes to talk about frailty. And no one likes to think they might be frail as it conjures up uncomfortable emotions and fears about ageing and vulnerability. But what if there are ways to prevent and reverse it? And if so, how do we recognise it? And more importantly, are you at risk?!

Hilary O'Connell will share insights into all these questions. She will acknowledge the increasing incidence of frailty and the challenges it poses for providers. Hilary will champion the importance of entry level home support services such as CHSP in preventing or changing the course of frailty. Of course, we can only support others if we look after our workforce too, so Hilary will share the latest evidence about "pre-frailty" and you might be surprised... Don't miss this presentation that will support the health and wellbeing of your clients and yourself.



About Hilary

Hilary O'Connell is iLA's Principal Advisor for Healthy Ageing and Reablement and brings over 40 years of clinical expertise as an occupational therapist. Her extensive leadership spans the disability, aged care, and community care sectors. For the past two decades, Hilary has concentrated on advancing prevention and reablement service models.

Hilary has presented extensively on reablement, has co-authored peer reviewed papers on reablement and falls prevention, and is a proud co-author of the industry renowned book, *Reablement in Long Term Care for Older People*.

Hilary also co-leads the Australian arm of the International ReAble Network. Hilary has been instrumental in developing iLA's LiveUp and Keep Able digital platforms, which focus on healthy ageing and reablement. Her passion lies in empowering older individuals to maintain independence and stay in their homes longer by providing them with unbiased information and resources.

At Keep Able, we respect the knowledge, wisdom and self-determination of older people. We are pleased to welcome **Dr Anne Ring** with her intellect, energy and 80+ years of life experience to our conference. Dr Ring will reveal how ageism manifests itself in our health system and the dire consequences for the health and wellbeing of older people. Effective reablement cannot occur in an ageist society or system, Dr Ring will help the audience to identify and challenge it. She'll give you plenty to talk about at your next staff meeting!

About Anne

I am the 83-year-old author of the 2022 book *Engaging with Ageing: What Matters as We Grow Older*, which is a one-stop guide to ageing well. In writing it, I drew on an extensive professional and personal knowledge base about growing older, and old in order to challenge the stigma of old age, with a fresh and realistically positive approach that acts as a reader's travel guide to navigating how they choose to age. It aims to empower readers – both women and men – to explore how they will be old rather than how old they are. Professionally, I have a PhD in health sociology (undertaken in my 50s), comparing health, body image and ageing issues for women and for men, and I have continued to monitor these issues since, as well as writing extensively about them, as a freelance writer, in a variety of media.

Over the years, I have evolved as a social scientist, with qualifications and professional experience firstly in psychology (BA), and then in medical anthropology (MA), and health education (Grad. Dip), and for a decade was principal researcher in medical education research at the University of Queensland (publishing as Anne Wise). Personally, I understand some of the highs and lows of ageing both through my own increasing experience as I have aged, and also as a carer and advocate for my elderly parents in their final years. The continuing interest generated by my book has resulted in



my becoming a fairly prominent speaker on the complex realities of ageing, and the challenges of ageism, in many different venues as well as on radio and television. I am also on the Steering Committee of the national EveryAGE Counts Campaign.

5 Simple Strategies for Reablement

10:20am WST | 12:20pm AEST

Do you want to develop good reablement plans but don't know where to start? Do you think reablement is only the job of the allied health team? (Hint: it's not!). At Keep Able, we're into making reablement simple. We have distilled reablement opportunities into 5 key strategies. **Kirsten Campbell** and **Alison Vella** will present these strategies and examples that all members of your team can engage with. Alison and Kirsten combine their expertise in assessment, wellness and reablement principles, clinical practice, training and education in this informative, yet practical session. Attend this session and your next reablement outcomes report will be second to none!



About Alison

Alison is Keep Able's Stakeholder Engagement Lead. She brings expertise in wellness and reablement from her role as a Reablement Mentor in the Department of Health and Aged Care's Promoting Independent Living Trial, and from her 7 years in Regional Assessment Services. In 2021, she received the Future of Ageing – Emerging Leader Award for her significant contributions to reablement in aged care. With extensive experience in service provision, Alison has supported hundreds of clients in achieving their reablement goals by focusing on their personal stories and motivations. She is passionate about collaborating with businesses and individuals to integrate wellness and reablement into daily practices for better outcomes. Over the past five years, Alison has consulted with the Department of Health and Aged Care on training elements and reform changes, and she has served as a subject matter expert on reablement in assessment practice.

Reflections and introduction

11:45am WST | 1:45pm AEST

MC **Paul Sadler** will welcome us back to the next sessions.

First Nations perspectives on assistive technology

11:55am WST | 1:55pm AEST

Assistive Technology can be the difference between dependence and independence for many older people. But what if you meet resistance to AT, even if you know it could help? Maybe you need a new cultural lens. **Vanessa Langenberg** and the Growth and Innovation Team at iLA have engaged in exciting collaborations with First Nations groups and other culturally diverse populations to find out more about assistive technology use. Join Vanessa to learn about the outcomes of consultations with First Nations elders. Their insights can enhance reablement outcomes, and Vanessa will point you to some excellent evidence-based resources about AT for First Nations and multicultural populations.

**About Vanessa**

Vanessa Langenberg is the Growth and Innovation Program Lead at iLA. Vanessa is experienced in community-development research and communications across state and local government and not for profit community health. She has a special interest in working with unique communities to help decolonise and strengthen mainstream strategies. Vanessa is a Qualified Professional Researcher with The Research Society and Accredited Ally with Evolve Communities.

Care Planning – Supporting you now and exploring the future...

12:20pm WST | 2:20pm AEST

Can your organisation benefit from support in Quality Standard 2: Ongoing Assessment and Planning with consumers? In this dynamic session, **Kirsten Campbell** will share insights from contemporary research to support care planning. She will focus on the

human elements that inform meaningful care planning. She will signpost some helpful resources, including Keep Able's brand new care planning content.

The most exciting part will be saved for last! Occupational Therapists **Tyran Lewis** and **Johanna Walley** from Independent Living Assessment (iLA) will give you a sneak peek into the potential future of AI care planning. Don't miss this unique opportunity to learn about the possibilities afforded by digital transformation.



Tyran Lewis
OT Project Professional, iLA

About Ty

Tyran (Ty) is a Senior Occupational Therapist who brings his wealth of knowledge from the community aged care and disability sectors to iLA. In his role as Projects Professional, he combines extensive clinical experience with his unique skills and passion for digital design. He works with a clinical excellence team exploring innovative solutions to help providers support independence and quality of life for older adults. He is currently involved in Artificial Intelligence (AI), Augmented Reality (AR) and Virtual Reality (VR) projects.



Johanna Walley
OT Project Professional, iLA

About Joh

Johanna (Joh) is a Senior Occupational Therapist with extensive experience in home modifications, assistive technology prescription, and interventions to support independent living. Joh now applies this knowledge and experience as a Project Professional at iLA. In this role, Joh is part of a clinical excellence team committed to shaping the future of aged care through innovation and evidence-based practice. They are exploring the potential of an Ai mobile app to support development of reablement care plans for older adults receiving stay at home services.

Dignity of Risk Project Status update

1:05pm WST | 3:05pm AEST

At last year's forum, dignity of risk was a hot topic that demanded more attention. A sub-group of the National Wellness and Reablement group has started work on it as a result. **Lisa Dean** and **Sally Dagg** will give a brief update on the project goals and activities, and how providers can make their needs and experiences heard.

Reablement in motion: Building the relationship between assessment services and service providers!

1:15pm WST | 3:15pm AEST

Alison Vella, a former Aged Care Assessor, will host an engaging final session with representatives from assessment organisations and service providers. This panel of experts will share experiences about how reforms have impacted assessment and provision of reablement, including the wins and the challenges. Together, they will investigate how to build good communication and working relationships between assessors and providers. Discussion will identify key information and strategies that put reablement at the forefront in service provision. There will be a strong focus on effective goal setting from assessor and provider perspectives. Insights from this discussion will promote favourable outcomes and positive experiences for every client and the teams who work with them.

Alison will be joined by panellists:

- Shei Egan, Acting CEO and Operations Manager of Aspire4Life
- Corina Dutlow, CEO of Australian-Filipino Community Services
- Nicole Donohoo, Head of Allied Health & Development at BaptistCare at Home
- Andrew Lambourn, Aged Care Assessor and Workplace Trainer at Aspire4Life

Synthesis and Q&A

AWST 1.55pm | 3.55pm AEST

MC **Paul Sadler** will draw together the key themes of the day and facilitate a Q&A for your burning questions.

Close

2:15 WST | 4:15pm AEST