

5 Simple Strategies for Reablement

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 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.

Reference documents

- **2023 CHSP wellness and reablement report outcomes**
[2023 Commonwealth Home Support Programme \(CHSP\) wellness and reablement report outcomes | Australian Government Department of Health and Aged Care](#)

Keep Able Resources – “Everything you do for me, you take from me”

These resources will help you, your team and your clients appreciate the value of everyday activities for maintaining health and wellbeing.

- **eLearning** [eLearning modules for professional development | KeepAble](#)
 - This content is great for individual learning or incorporating into onboarding processes.
- **Bite size training** [Promote Healthy Ageing Through Daily Activities | KeepAble](#)
 - This resource includes a downloadable PowerPoint presentation and Facilitators Guide so you can deliver “Everything you do for me...” content to your team. Great for staff meetings or professional development days.
- **Downloadable handouts “Health and wellbeing benefits of everyday activities”**
 - These handouts are excellent for showing staff, clients and client support networks the value of everyday activities and why they should keep doing them (links provided below images – see over)

“Health and wellbeing benefits of everyday activities”



[Cafe.indd](#)



[Cooking.indd](#)



[Cleaning new.indd](#)

Who can, who can't, who shouldn't?

This slide was posted in the chat during the presentation. The questions help individuals and teams consider what reablement interventions may be appropriate for an allied health professional vs a non-allied health professional. This does not constitute definitive guidance. There are “grey areas” in between that are influenced by the skills and knowledge of individual workers, what supervision is available and the complexity of the client. The questions are, however, a good starting point for discussion with your team.

Reablement interventions

Who can, who can't, who shouldn't?

Allied Health	Non-Allied Health
<ul style="list-style-type: none"> ➤ Often involves the management of a health condition ➤ Risks that are harder to manage due the client's condition or environment ➤ The goal is complex or “big” ➤ Professional boundaries, legal requirements 	<ul style="list-style-type: none"> ➤ Incremental supports or interventions that can be slotted into daily life ➤ Knowledge and information that is accessible to the layperson ➤ Recommendation of low-risk assistive technology ➤ May involve risk that is easily managed ➤ Professional boundaries (e.g. nursing interventions)

Links to resources

- Alzheimer's WA – [Dementia Enabling Environments](#)

This is a fun, interactive website that will show anyone how to enhance the home environment for people living with dementia.

- **Keep Able** – [Assistive Technology Essentials – Part 2](#)
 This link will take you to a resource that explains the **Red**, **Amber** and **Green** assistive technology ratings and identify what rating applies to different pieces of equipment.
- **Department of Health and Aged Care**
[Assistive Technology and Home Modifications List \(AT-HM List\)](#)
 Here you can find the definitive list of the products, equipment and home modifications that Support at Home participants can access through the Assistive Technology and Home Modifications (AT-HM) Scheme.
- **Keep Able** – [Assistive Technology Resources for Aged Care Support Workers](#)
 Visit this page at Keep Able to find out about low-risk assistive technology for activities around the home, garden and for leisure. This is a great resource for support workers to access and share with clients and families.
- **LiveUp** – [Free healthy ageing resources](#)
 LiveUp is an online resource for older people, that helps them learn about healthy ageing, how to maintain independence, get assistive product suggestions, and discover local activities near them.
- **Keep Able** – [5 Reablement Strategies for Aged Care Success](#)
 Visit and share Keep Able’s content about 5 simple reablement strategies.
- **Keep Able** – [Care Planning Fundamentals: A Guide to Wellness & Reablement](#)
 Visit and share Keep Able’s content about care planning. Discover how to embed the 5 simple reablement strategies in care plans. You’ll find helpful information, links to resources and templates to support care planning here.