

Presentations and webinars

Keep
Able

April 2025

keepable.com.au

Participants in this session will:

- ✓ Identify the features of Wellness and Reablement (W&R) language.
- ✓ Acknowledge the importance of W&R language in promoting client participation and/or compliance.

Session objectives



What we offer

Wellness and reablement can be complex to understand and apply in service delivery. Keep Able is here to make life easier. We offer free expert-led and evidence-based presentations to upskill your team in promoting client independence.

Available for both in-person (WA) and virtual delivery, our presentations tackle complex concepts with practical insights, making it easier to confidently implement reablement strategies for practice.

We also offer bespoke presentations tailored to your organisation's needs. To book a presentation or find out more, contact us at keepable@ilaustralia.org.au

Topic	What to expect
<p>What and Why of Reablement</p> <p>30 minutes</p> <p>SUITABLE FOR</p> <p>All staff</p>	<p>This presentation is designed to enhance your understanding of wellness and reablement, showing how it can support clients in maintaining their abilities and improving their prospects for independence.</p> <p>By the end, you'll have a firm grasp of the core concepts underpinning this approach, and how it differs from traditional care. You'll also learn how to embed wellness and reablement throughout the client journey, and reflect on your own practice to create more opportunities for their independence.</p>
<p>Introducing the LifeCurve™</p> <p>45 minutes</p> <p>SUITABLE FOR</p> <p>All staff</p>	<p>Backed by research, the LifeCurve™ is a visual tool that illustrates how people generally lose functional abilities with age. This presentation will introduce you to the LifeCurve™, its key elements, and its role in promoting conversations about reablement.</p> <p>You'll learn how to use the LifeCurve™ to identify two common patterns of aged-related decline and demonstrate how older people can enjoy more good days through positive lifestyle choices and timely support.</p>
<p>Language of Reablement</p> <p>40 minutes</p> <p>SUITABLE FOR</p> <p>All staff Carers</p> <p>Family</p>	<p>It can be difficult to explain wellness and reablement to clients. Encouraging their participation can be even trickier. This presentation focuses on the language of reablement, illustrating the power of words in turning everyday conversations into opportunities for independence.</p> <p>Through examples and practice exercises, you'll learn about the features of reablement language and how to apply them to engage clients, their support network, and other aged care workers in a shared commitment to ageing well and independence.</p>
<p>Introduction to Keep Able</p> <p>45 minutes</p> <p>SUITABLE FOR</p> <p>All staff</p>	<p>Get to know Keep Able! In this presentation, you'll be taken on a virtual tour of the Keep Able website, exploring the free resources we have available to advance your reablement journey.</p> <p>You'll learn how to access and use Keep Able's resources to promote better client outcomes, and how to seek additional support and resources for specific organisational needs.</p>

Working with Clients and Low Risk AT

40 minutes

SUITABLE FOR

Assessors

Allied Health

Coordinators

This presentation focuses on low-risk assistive technology (AT), boosting your understanding of what it is and how it supports older people in their pursuit of independence.

By the end, you'll know when to use low-risk AT, how to access it, and when to seek support from an allied health professional. You'll gain the confidence to integrate low-risk AT into your reablement strategies, enhancing your clients' abilities, autonomy, and quality of life.

Everything You Do For Me You Take From Me

40 minutes

SUITABLE FOR

All staff

Carers

Family

It's not just dedicated exercise programs that can contribute to good physical and cognitive health. Everyday activities like cooking, cleaning, and getting dressed engage the mind and body, sharpening the complex skills needed to live independently.

So, by doing these activities for your clients, you might inadvertently limit their functional abilities and increase their reliance on others. This session will explore this dynamic, teaching you strategies to get clients involved and ultimately promote their health and wellness.

Practicalities of the Reablement Process

40 minutes

SUITABLE FOR

Allied Health

This presentation covers practical tips for mastering the reablement process, from identifying potential opportunities for reablement to supporting clients in keeping up their progress after reablement ends.

You'll learn how to establish reablement goals with clients, how to implement five reablement strategies to achieve these goals, and how to review and adjust your approach based on their progress or changing needs. Equip yourself with key techniques to guide clients towards successful outcomes.

Demystifying Your New W&R Requirements

40 minutes

SUITABLE FOR

Managers

Leaders

Wellness and reablement has become a cornerstone of the sector, with the government mandating the approach in all organisations providing home care services.

This presentation will help you understand how wellness and reablement supports aged care quality standards. You'll receive guidance on implementing this approach to meet your reporting requirements and ultimately gain a clear roadmap for achieving organisational excellence.

Wellness and Reablement for Support Workers

40 minutes

SUITABLE FOR

Support workers

Designed specifically for support workers, this presentation focuses on practical tips and resources from the Keep Able website that can help you apply wellness and reablement in your care.

You'll also explore the essentials of wellness and reablement, covering why it's important and how to overcome common barriers. As well, you'll learn about the many benefits of wellness and reablement for clients and support workers, highlighting its value in elevating everyday care.



Our presenters



Kirsten Campbell

Kirsten is an occupational therapist with over 30 years' experience across the full spectrum of aged care service provision, including recruitment.

Kirsten has also worked in the training and higher education sectors, enabling her to effectively share knowledge and practical ideas.



Alison Vella

Alison 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.



Sharon Page-Firth

Sharon (Shaz) is Keep Able's Community Engagement Professional.

She consults with service providers and their staff to find how Keep Able can best assist them achieve excellence in wellness and reablement strategies and approaches and navigate aged care reforms.

keepable.com.au

keepable@ilaustralia.org.au

v1.0 / 04.25

**Keep
Able**