

## References and helpful resources

### LifeCurve™ in Real Life

#### From principles to practice

Discover how the LifeCurve™ Framework can transform reablement practices in aged care. This panel session begins with a quick overview for newcomers, then features industry professionals from assessment, support work and research backgrounds. Learn how these experts apply LifeCurve™ concepts in their daily work to enhance client independence.

#### Reference documents

▶ **“New horizons in the compression of functional decline”**

Gore et al. *Age and Ageing*, Volume 47, Issue 6, November 2018, pp. 754–768

You can find the article here [New horizons in the compression of functional decline | KeepAble](#) to learn more about compression of functional (CFD).

If you don't want to read the full article, we have summarised the key findings for you and posed some reflective questions. The questions are great to discuss at team meetings as part of a quality improvement strategy.

▶ **“Towards cultural inclusion for older adults from culturally and linguistically diverse communities: A commentary on recent aged care reforms”**

Dakey, S.K., Maxwell, H., & Siette, J. (2024). *Australasian Journal on Ageing*. 44(1) e13384 <https://doi.org/10.1111/ajag.13384>

#### Links to LifeCurve™ learning resources

At **Keep Able**, you can find lots of resources to suit different learning needs. To learn more and share more about LifeCurve™, follow the links below.

▶ **Download a copy of LifeCurve™ [Lifecurve PDF with 3 words](#)**

▶ **LifeCurve™ eLearning [eLearning modules for professional development | KeepAble](#)**

Find the course, “An evidence-based tool to promote reablement”. There are two modules:

- Introducing LifeCurve™ (part 1)
- The Power of LifeCurve™ (part 2)

➤ Bite size learning

[Professional development resources for the CHSP sector | KeepAble](#)

You can find a downloadable PowerPoint presentation with Facilitators Guide here, for “Introducing the LifeCurve™”.

## Supporting research

Please consider supporting Samuel Dakey (panellist) in his valuable research, “Re-thinking Reablement”, focusing on experiences of multicultural older adults and the providers who work with them. Follow Samuel on Linked in if you want to hear more.

 brain health hub



# Rethinking reablement

## Seeking your voice!

**Are you over 18, a provider of aged care services for older adults, or currently receiving reablement services? We want to hear from you!**

**Who can participate:**

- Adults aged 18+
- Health professionals providing care for older adults
- Recipients of reablement services
- Informal carer

**Interview details:**

- Conducted in English, Cantonese, Mandarin, Arabic, Vietnamese, or Punjabi
- Convenient phone or Zoom session (up to 1 hour)

**Receive a \$30 gift voucher for your time!**

  
SCAN ME

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This study has been approved by Western Sydney University Human Research Ethics Committee (H15871)

## **Thankyou!**

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