

## Wellness and Reablement Resources for CHSP

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The Commonwealth Home Support Programme promotes independence through physical and emotional wellbeing, social participation and access to the community. This is the wellness and reablement approach and it is key to the service provided by our organisations, workers and staff with our clients and their carers.

### [CHSP Program Manual \(2018-20\)](#) (refer to pages 20 to 31)

- *Wellness* or ‘a wellness approach’ is used to describe an overarching way of thinking about and providing support to frail older people, that can be applied across all service outcomes with the aim of promoting greater independence and autonomy. It is based on the premise that even with frailty, chronic illness or disability most people have the desire and capacity to make gains in their physical, social and emotional wellbeing and to live autonomously and as independently as possible (p. 20).
- Like wellness, *reablement* aims to assist people to reach their goals and maximise their independence and autonomy. However, whereas a wellness approach can be applied to all CHSP clients, reablement is a short-term or time limited intervention that is more targeted towards a person's specific goal or desired outcome to adapt to changed circumstances such as functional loss, or to regain confidence and capacity to resume activities (p. 22).

### Living Well at Home: [The CHSP Good Practice Guide \(2015\)](#)

- The Good Practice Guide is intended to complement the Programme Manual and support the take up of wellness approaches in home care services (p. 3).

### [Wellness and Reablement: A summary of consultations across the home care sector \(Nous Group, 2017\)](#)

- Providing an overview of what wellness and reablement are, as well as great practice examples, this summary is a key resource for CHSP providers.

### [Implementing Wellness, Reablement and Restorative Support with Older People and their Allies – Seven Key Steps \(Carrie Hayter Consulting, 2015\)](#)

- A great resource for organisations to use to look at how they are embedding wellness and reablement principles into service delivery.

### [Co-producing Aged Care Services with a Wellness Focus \(2016\)](#)

- Community West wanted to test how co-production could work with aged care consumers and produce a practical ‘how to’ guide for the sector to build the capacity of service providers to co-produce their services and programs.
  - [Part 2 of the project.](#)
  - [Part 3 of the project.](#)

### [Imagining possibilities: A practical handout for working with people in the community](#)

- This resource provides an in-depth look at using Appreciative Inquiry with older clients.