



An introduction to Wellness and Reablement

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Aims for the webinar

- To invite discussion and further develop learning about Wellness and Reablement.
- To build participants confidence in working with wellness and reablement.
- To explore how to embed Wellness and Reablement into practice.

Why focus on Wellness and Reablement?

- It provides individualised care.
- It seeks opportunities to improve quality of life.
- It seeks to maximise independence.
- The potential to minimise or reduce dependence on service provision.
- To meet the Aged Care Quality Standards (2019).

Moving from concepts to everyday language

The challenges:

- In ***engaging consumers (clients)*** in a wellness approach;
- ***Making time*** for staff to have a wellness approach to their practice;
- ***Communicating*** their wellness approach with staff, volunteers and consumers (clients); and
- Having some ***great practice examples*** to share with staff and consumers (clients).

What is wellness?

- Identifying needs, aspirations and goals.
- Builds on strengths.
- Integrates support services.
- Supports independence and quality of life.



Commonwealth Home Support Programme (CHSP),
Good Practice Guide (2015)

What is reablement?

- Assisting people to regain functional capacity.
- Improve independence.
- Goal-oriented.
- Aims at full recovery, where possible.
- Seeks to enable people to live their lives to the fullest.



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Commonwealth Home Support Programme (CHSP),
Good Practice Guide (2015)

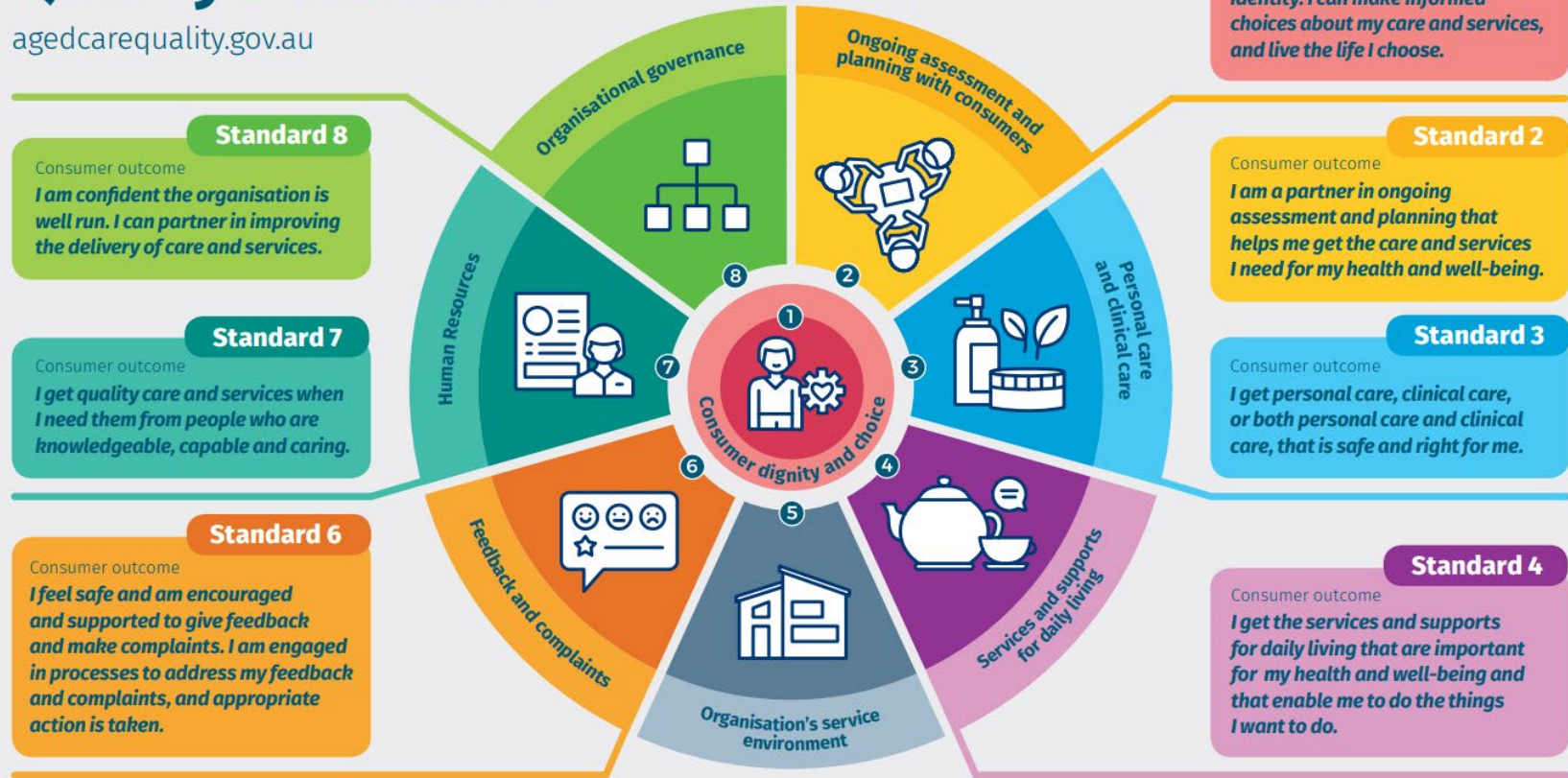
Having a Wellness and Reablement approach

- Working together to design goals.
- Assessments focus on what you can do, not what you can't do.
- There is a focus on 'working with' not 'doing for.'
- Person-centred; client driven goals.



Aged Care Quality Standards

agedcarequality.gov.au



Australian Government
Aged Care Quality and Safety Commission

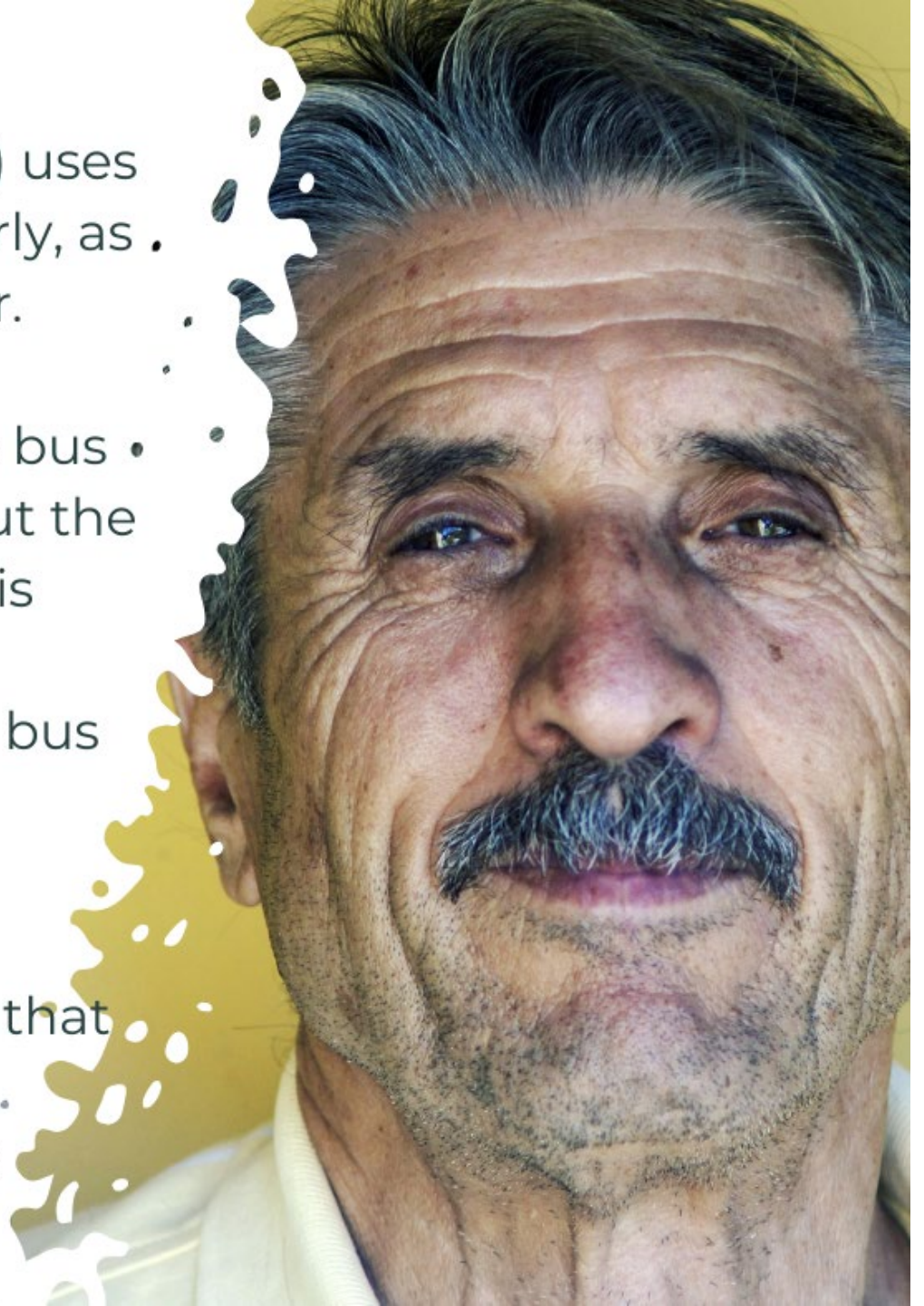
Engage
Empower
Safeguard

Clive

Clive (80-year-old male) uses public transport regularly, as he no longer owns a car.

One day Clive gets on a bus at his usual bus stop, but the route taken by the bus is different. He becomes concerned, gets off the bus and walks home.

Clive is upset by what happened and decides that he will not use public transport again as he is 'past it'.



What about the consumer/client?

- Start with your new clients – setting up positive expectations.
- For longer-term clients, start slowly, work with the easy to engage, easy to adapt clients.
- Spend the time to get out your wellness message:
 - Through storytelling;
 - Communication via newsletters;
 - Communication via staff; and
 - Client outcome measures.

Next steps – what can we do?

- Collect examples of great practice and celebrate them.
- Keep Wellness and Reablement on your radar – conversations in your organisations, recognise workplace champions.
- Embedding wellness into your organisation.



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Thank you

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