

Reablement tip sheet

If you are looking for ideas and strategies to start a conversation about reablement and explore what is important to an individual to establish their goals then this tip sheet will help you.

Identify

Has there been a recent change?

A functional loss? e.g. Has the person stopped doing something they used to?

Is there potential to increase confidence and capacity to resume activities?

Is there potential to retrain or relearn a skill?

Will access to equipment or assistive technology help achieve a goal?

Look for:

- Recent change in circumstances or health
- Recent crisis, illness or hospitalisation
- Decline or disengagement in usual activities
- A change in functioning

Explore

Explore what is important to the person - Talk about strengths

Ask:

What do you want to achieve?

What would you like to do that you aren't doing?

- Goals, outcomes, wishes

What stops you?

Is there something you miss doing? - what are the barriers?

What would it look like if you could?

Is there something new that you would like to try?

How would you like to spend your time?

What would it look like if you achieved this?

- Let the person define success for them

What actions do you need to take?

- Let the person decide what they are willing to do before suggesting what might be available

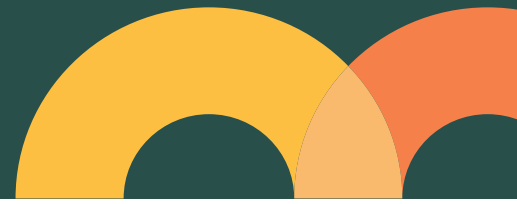


Explore what is important to the person.

What do they want to achieve?

Is there something new you would like to try?

Check out more information at: [keepable.com.au](https://www.keepable.com.au)



Motivate

To find the motivating factor:

Encourage engagement in planning and goals

Talk about:

Encourage the client to talk about why change is relevant to them

Discuss risks: ask the client to identify where there may be negative consequences. Keep reward in mind:

What can the client achieve by trying Reablement?

- continue to remain independent etc.

Roadblocks: problem-solve barriers to change

Ask:

What do you do well?

What works now?

What are the things you feel good about?

What encourages you to look after your health?

How can you best be supported?

What would you like to work towards?

What changes would help you improve?

Plan

Think about informal and formal supports that can help a person achieve their goal.

Communicate with providers.

Decide who is doing what: provider, assessor, client

Set a review date.

Write the plan down in a way the client can understand:

- discuss short-term, the plan, who is doing what?

Ask:

Who is available to help you? What role can your _____ play?

What support can _____ provide?

How can you achieve the plan?

What does the provider need to do?

How long is this action needed?

Supporting you every step of the way

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Reablement examples

Are you wondering what reablement goals look like and where CHSP services can assist?, then take the time to explore these examples.

Reason for reablement period (as provided in the My Aged Care System)	Examples of the type of reablement goals	Examples of possible referrals
Rebuild confidence and independence in mobility	<p>I would like to be able to return to walking around the shops.</p> <p>I would like to return to my regular walking group.</p> <p>I would like to be able to use the taxi service on my own to get to my bridge group.</p> <p>Mr. Smith would like to be supported during his reablement period of six weeks to find a way to manage his laundry tasks.</p> <p>Mr. Smith would like to be able to attend his granddaughter's wedding.</p>	<p>Allied Health – physiotherapy for home based exercise program, strength training program etc.</p> <p>Allied Health – Occupational Therapy for home safety assessment to provide strategies and/or equipment to complete specified tasks.</p> <p>Personal Care and/or Domestic Assistance for community care worker program at home guided by the Physiotherapist or Occupational Therapist .</p>
Support the development/ relearning of daily activities	<p>I would like to be able to return to shopping for myself.</p> <p>I would like to be able to learn how to cook for myself .</p> <p>I would like to be able to prepare my own meal.</p> <p>Mr. Smith would like to be able to shower without assistance.</p>	<p>Social Support - Individual for escorted shopping (time limited).</p> <p>Personal Care for skills training to order groceries on line and for assistance with showering tasks (time limited).</p> <p>Referral to community care worker to support client skill development in order to draw up basic shopping list and to learn to prepare basic meals.</p>
Task simplification and energy conservation for managing housework	<p>I would like to learn how to manage my laundry and cleaning with my limited shoulder movement .</p> <p>I would like someone to support me to complete tasks in my own home until I am able to find ways to manage them on my own.</p>	<p>Allied Health – Occupational Therapy for strategies and equipment for task simplification.</p> <p>Domestic Assistance for community care worker education on use of easy living equipment for cleaning.</p>
Promote social contact, community access and integration	<p>I would like to regain confidence to attend a social group on my own.</p>	<p>Social Support – Community care worker and/or Volunteer transport to support client with transport and attendance in the short term until client is confident to use the community bus and attend unaccompanied.</p>

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Reason for reablement period (as provided in the My Aged Care System)	Examples of the type of reablement goals	Examples of possible referrals
Skills development in using public transport	<p>I would like to be able to catch public transport to the local shops.</p> <p>Mrs. Smith would like to be able to feel confident using the town bus.</p>	<p>Refer to community care worker to assist client in accessing public transport timetables and in supporting the client to use local public transport until independence is achieved.</p> <p>OT or physiotherapy referrals if required.</p>
To supporting independence through assessment for appropriate aids and equipment	<p>Mrs. Smith would like to learn how to manage having a shower on her own using the new aids/home mods that has been installed in her bathroom.</p> <p>I would like to be able to return to using the back door/steps to enjoy my garden.</p>	<p>OT home safety assessment and for education in the use of aids/equipment.</p> <p>Community care worker to provide initial care and to reinforce the use of aids and equipment in consultation with the OT until goals for independence are achieved.</p>
Training in the use of assistive technology	<p>I would like to be able to turn the taps on and off and open jars.</p> <p>Mrs. Smith would like to be able to read her bills and the paper, as her vision deteriorates.</p> <p>I would like to be able to learn to utilise the National Relay services so I can communicate with my son on the phone.</p>	<p>Personal Care for community care worker to support training in use of small aids and equipment such as those in the Making Choices Finding Solutions Guide (ILA) and the Easy Living Equipment Guide Victoria.</p> <p>Vision Australia or Guide Dogs Australia for appropriate low vision assistive technology.</p> <p>OT to apply strategies and adapt to new equipment for functional tasks National Relay Service.</p>
Helping people to manage personal finances	<p>I would like to have the skills to pay my bills online.</p> <p>Mrs. Smith would like to be able to walk to the shops to pay her bills.</p>	<p>Physiotherapy intervention to be able to walk to the shops without assistance.</p> <p>OT for development of strategies to complete bill management .</p> <p>Identify what assistance is available locally for seniors to assist with internet use and banking.</p>

This document was produced utilising material originally available through the Moorabool Shire Council