



# Wellness and Reablement

*Disclaimer: This video is designed to be a conversation starter on the topic of supporting wellness and reablement in a remote aged care setting. The facilitator should make use of other resources to ensure the learner continues to develop their understanding and competency this topic.*

Wellness and reablement, as well as helping a person receiving care work towards their goals, are essential concepts that are embedded in the Australian aged care model.

This model is based on the idea that as people get older and frailer, even if they live with chronic illness or disabling conditions, they will still have goals and a desire to live life their way, with as much independence as possible; they want to 'live well'.

For example, even if a person has had a setback, like experiencing a stroke, a fall that has resulted in a broken hip, or an illness that caused them to lose weight, the person can regain health; they can 're-able'.

In this story, Samuel learns that by making Charlie do things his way, 'just get the job done that day', he might make things worse for Charlie in the long term.

- *When discussing this video, you can talk about the idea of wellness and reablement or focus on different aspects of goals, wellness and reablement over a few sessions.*

## Goals

The support given to a person should reflect their goals, not simply be about completing a task.

People should be encouraged to talk about how aged care services or supports can help them achieve their goals.

These goals might include things that help them maintain their health, regain specific abilities after experiencing an adverse health incident such as a stroke, connecting with their family, culture or a specific interest group, or perhaps learning a new skill that will improve their life, like learning how to cook their own meal.

By talking regularly to them, you'll get to know those who access care support through your organisation better; this often helps you discover what is important to them and can help identify new goals for the person. Anything you learn about the person should be reported to the care manager or team leader as it can help when reviewing the care and services provided to the person.

- *Talk about some of the goals people who are accessing aged care services at your centre have and discuss how you are helping them to achieve those goals.*

## Wellness

Living well is something that many people want. The wellness approach is thinking about what can be done to prevent or minimise an adverse outcome in the event of an incident, so participating in activities such as walking, yoga and tai chi can help strengthen the body.



Many of these activities also help people deal with stress and can support coping mechanisms.

Living well can include helping people receiving care to attend appointments with health specialists, helping them to access nutritious meals, drink sufficient water and take regular medications on time.

Living well is also about connecting with others. Walking groups, cultural activities and activities days are important to many people. Just helping a person get out and do their own shopping so they can mix with others can improve their well-being. Even when people can't get out too much, they can still be connected by using technology to link up with family and friends.

- *Talk about services that are being offered by your organisation that support wellness.*
- *Discuss how the organisation works with people accessing care to identify what things are important to them, things that they enjoy doing and that support their wellbeing.*

### Reablement

Older people can be at increased risk of falls and other adverse incidents because of increasing frailty, the impact of medications or a general decline in overall physical capacity. Sometimes falls result in broken bones, followed by surgery and rehabilitation. While health professionals such as physiotherapists may be working with the person, they are also likely to get help from an aged care provider to assist them as they recover.

Aged care staff need to follow any recommendations from health professionals to help the person recover quickly. Staff must also think about their actions and whether they are doing anything that might adversely impact the person's reablement goals. If staff have concerns or think services could be delivered in a better way to the person, they should talk to their supervisor about it.

- *Identify an older person, past or present, who has/is undergoing reablement and how the staff member can/could support this.*

### Links to additional resources

How to promote independence – Care Channel: <https://youtu.be/a8UliXksHhI>

Wellness and reablement initiative – Department of Health and Aged Care: <https://www.health.gov.au/our-work/wellness-and-reablement-initiative>