



## IDENTIFYING OPPORTUNITIES FOR REABLEMENT

### INTRODUCING REABLEMENT TECHNIQUES

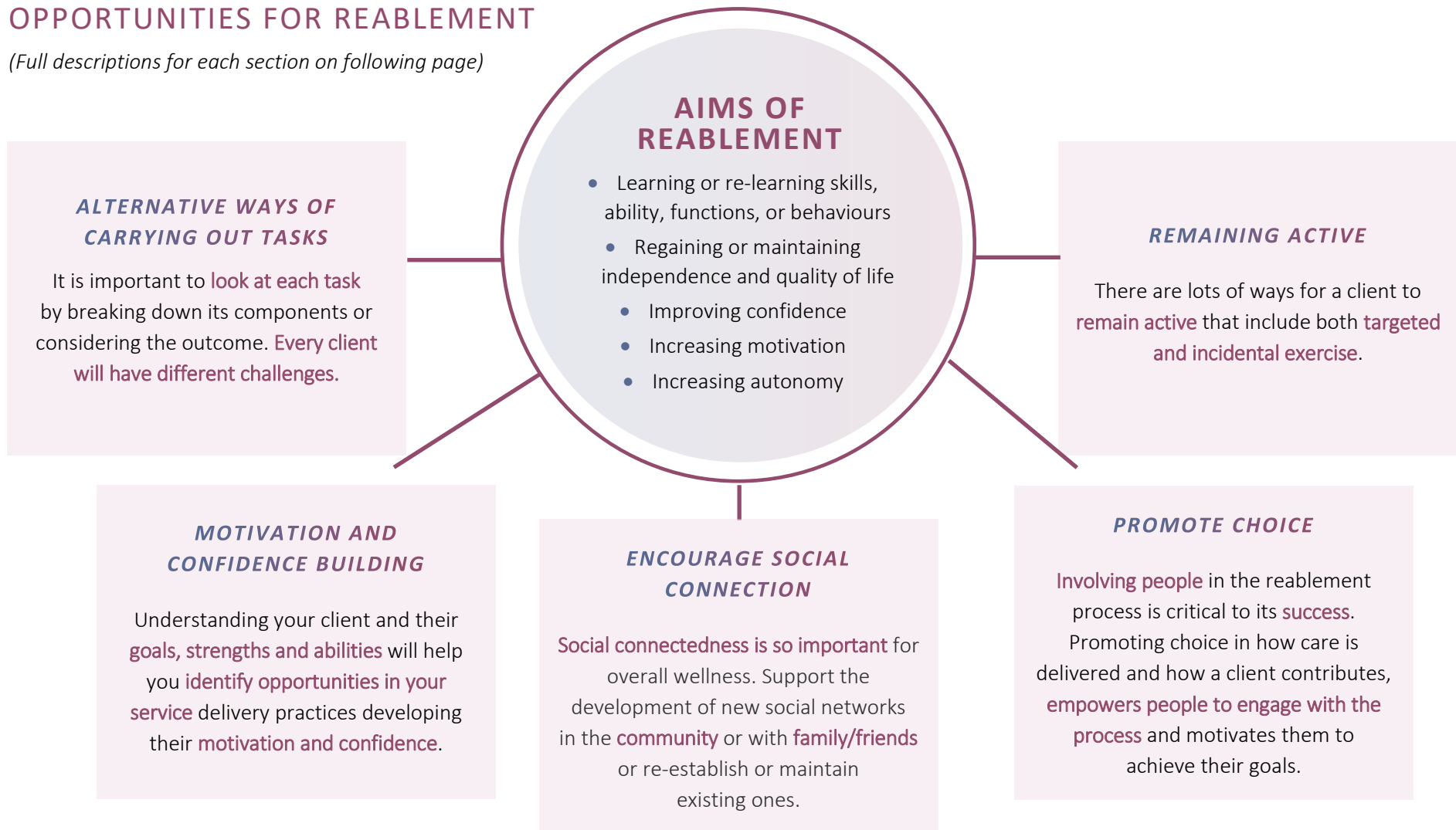
Reablement is often seen as a time-limited intensive approach, using strategies, assistive technology, and/or equipment to help improve independence and confidence. Reablement practices can also be used in many areas of service delivery as a technique to promote wellness and empower people to do more everyday tasks for themselves.

*This tool shows you the many ways reablement practices/techniques can be introduced in everyday service delivery situations.*



## OPPORTUNITIES FOR REABLEMENT

(Full descriptions for each section on following page)



### ALTERNATIVE WAYS OF CARRYING OUT TASKS

It is important to look at each task by breaking down its components or considering the outcome. Every client will have different challenges.

For some, standing for long periods is not an option which may mean they have stopped doing things that involve standing for an extended time such as, cooking for themselves. Or reaching the clothesline is difficult because they are unsteady on their feet.

Looking at the outcome rather than the task can help identify different ways of carrying out the task. Sitting down to prepare the ingredients for a meal rather than standing the whole time or using a clothes rack or dryer rather than the clothesline are both alternatives which allow the client to achieve the same outcome independently.

Think about the small changes that can be made to help the client continue to do things independently rather than immediately doing it for them.

### MOTIVATION AND CONFIDENCE BUILDING

Understanding your client and their goals, strengths and abilities will help you identify opportunities in your service delivery practices developing their motivation and confidence. For example, if your client has lost confidence in walking, set small achievable goals, in consultation with health professionals, to build their confidence. This might include walking a short distance, first in the safety of the home and steadily increasing the distance as their confidence grows. Small achievable goals like this build motivation which ultimately increase their independence.

### ENCOURAGE SOCIAL CONNECTION

Social connectedness is so important for overall wellness. Support the development of new social networks in the community or with family/friends or re-establish or maintain existing ones. This could be as simple as having conversations with your client and encouraging them continue/re-establish networks with people and/or activities.

### PROMOTE CHOICE

Involving people in the reablement process is critical to its success. Promoting choice in how care is delivered and how a client contributes, empowers people to engage with the process and motivates them to achieve their goals. The choice does not have to be big; it can be as simple as asking someone which activity they would like to focus on first, or where they would like to walk to today. Choice, whether big or small, gives people control over their care which empowers them to contribute to the process, which is critical to increasing motivation and confidence.

### REMAINING ACTIVE

There are lots of ways for a client to remain active that include both targeted and incidental exercise. Incidental exercise is an effective way to help clients remain active. For example, suggesting a client goes to the shops more frequently but buys less will mean they are walking around the shops more often. Or doing more regular loads of washing rather than one big one each week. Tasks that encourage more regular activity result in a client remaining more active.