



## PRINCIPLES OF WELLNESS AND REABLEMENT

*Wellness and reablement are related concepts, often used together to describe an overall approach to service delivery. Wellness and reablement approaches are based on the idea that, even with frailty, chronic illness or disability, most people want and are able to improve their physical, social, and emotional wellbeing, to live autonomously and as independently as possible.*

***This tool will help you understand the principles of wellness and reablement and how it can be practically applied in service delivery***



**Promote Independence** – people value their independence; loss of independence can have a devastating effect, particularly for older people who may find it more difficult to regain



**Identify clients' goals** – a person's independence requires more than just services to help them remain in their home and maintain their current capacity. Service delivery should focus on supporting the client to actively work towards their goals and improved independence wherever possible



**Consider physical and psychological needs** – independence is not limited to physical function; it includes both social and psychological function



**Encourage client participation** – being an active participant, rather than a passive recipient of services, is an important part of being physically and emotionally healthy. Service delivery should focus on assisting a person to complete tasks, not taking over tasks that a person can do for themselves



**Focus on strengths** - the focus should be on what a person can do, rather than what they can't. Wherever possible, services should aim to retain, regain, or learn skills rather than creating



**Support clients to reach their potential** – help clients to maintain and extend their activities in line with their capabilities particularly for older people who may find it difficult to regain



**Individualised support** – service delivery should be individualised and suited to the goals, aspirations and needs of the individual



**Regular review** – client assessment should be ongoing, not one-off. It should focus on progress towards client goals and consider the support and duration of services required to meet these goals