Embedding Wellness and Reablement Approaches

Presented by Joyleen Thomas and Lyn Zeidler
Better Practice Project, Adelaide
Len’s Story

What was different from the traditional?
The research: Good Health

When asked to prioritise the items from highest importance to lowest the top three priorities were:

1. **Being Healthy** (92%)
2. **Being in control** (81%)
3. **Being Active** (83%)
Evidence Base

- Goal-oriented and outcome focussed practice
- Co-design and partnership gives people more control
- Australian work
- UK experience (Personalisation direction)
- Mandy Stanley et al – Alone in the Crowd
- Well-being research – Seligman and associates
- Positive psychology – Appreciative Inquiry
- Recovery from trauma
The Better Practice Project Approach

Embedding Principles into Practice

- Training sessions
- An action learning program
- Master Classes
- Handbooks and training packages
What is the BPP doing around wellness and reablement?
Active ageing should be a comprehensive strategy to maximise participation and wellbeing as people age. It should operate simultaneously at the individual (lifestyle), organisational (management) and societal (policy) levels and at all stages of the life course.

A. Walker 2007
4 Pillars of Ageing

- SOCIAL PARTICIPATION
- HEALTH
- LIFE LONG LEARNING
- SECURITY
Key Characteristics of Wellbeing – PERMA +

- Positive emotions
- Engagement
- Positive relationships
- Meaning
- Accomplishment

Plus
- Optimism
- Resilience
- Connectedness
- Physical activity
- Sleep & nutrition
## Determinants of Wellbeing

<table>
<thead>
<tr>
<th>Core Features</th>
<th>Additional Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>Positive emotions</td>
<td>Self-esteem</td>
</tr>
<tr>
<td>Engagement, interest</td>
<td>Optimism</td>
</tr>
<tr>
<td>Meaning, purpose</td>
<td>Resilience</td>
</tr>
<tr>
<td></td>
<td>Vitality</td>
</tr>
<tr>
<td></td>
<td>Self-determination</td>
</tr>
<tr>
<td></td>
<td>Positive relationships</td>
</tr>
</tbody>
</table>

*Seligman 2011*
Wellness & independence

Prevention

Recovery Reablement

Slowing ageing processes
Why change?

- Longevity & the need to think differently about our life course & ageing
- Research about the determinants of wellbeing – good health and wellbeing is more than the absence of illness
- Research about the brain, its plasticity and the effect of positive thinking and engagement
- Research into and experience of the outcomes of different practice approaches
- Deficit approaches and “doing for” practices lead to dependency rather than independence
How does an Enabling Approach differ from a Traditional Approach

- It builds on the interests, skills, history and culture of each person

- The person is in the driver’s seat – they are active participants rather than passive recipients - the service provider’s job is to support them to achieve their goals

- Planning considers a range of supports and strategies not just what the service will provide - it focusses on the pathway and goals for the person rather than hours of support and ongoing packages of care

- It focuses on ways to increase people’s wellbeing so they can do what they want to be able to do

- It is more flexible and people-focussed
<table>
<thead>
<tr>
<th>WHERE WE HAVE COME FROM</th>
<th>ENABLING APPROACH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Older person as service user</td>
<td>Older person as citizen, resident or person</td>
</tr>
<tr>
<td>Supporting carers in their caring role</td>
<td>Supporting positive family and friends relationships</td>
</tr>
<tr>
<td>Prioritising high need – assumption of on-going support</td>
<td>Early intervention and prevention – episodic support with reviews</td>
</tr>
<tr>
<td>Service type focus eg domestic assistance, meals</td>
<td>Holistic with health &amp; well-being promotion focus – individually tailored</td>
</tr>
<tr>
<td>Deficit based assessment</td>
<td>Strength based assessment</td>
</tr>
<tr>
<td>Service substitutes for loss of function</td>
<td>Goal oriented planning</td>
</tr>
</tbody>
</table>
RESTORATIVE

Problem solving/restoring functional abilities

GENERATIVE

Creating new possibilities

Status Quo
Critical factors/issues

- Individualised and episodic
- Personal
- Instil hope, foster positive emotions
- Right environment
- Goal orientated
- Think outside the square
A story and a film clip then A case study to explore
A New Model – the starting point

How we work

Values

Methods

Actions & Activities

What people experience

• Being in control
• Choice & decision making
• Increased confidence & self esteem
• Meaning & purpose
• Life-long learning/increased capacity
• Enhanced & new roles and relationships
• Being more active
• Citizenship & belonging
• Making contributions to family and community/being appreciated
Key elements of Reablement

**Values & principles**
- Positivity
- Possibility thinking
- Strengths focus
- Independence
- Wellbeing
- Choice & control
- Social connections

**Methods**
- Holistic assessment
- Information provision
- Individually tailored plans
- Goal orientated
- Enabling & linking

**Actions & Activities**
- Getting to the person & what is important to them
- Creating a vision for the future
- Small steps
- Short term restorative programs
- Assistive technology

**Outcomes**
- Improved lives
- People achieving things important to them
- Meaning & purpose for people