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Wellness, reablement and volunteering

What is wellness and reablement?

Objectives of this training

- To reach an agreed understanding of the concepts of wellness and reablement
- To be able to explain the concepts of wellness and reablement in plain language that everyone can understand
- To understand the benefits of adopting a wellness and reablement approach for clients, your organisation and your workforce



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Definitions of wellness and reablement

(Living well at home: CHSP Good Practice Guide, p. 10)

***Wellness** is an approach that involves assessment, planning and delivery of supports that build on the strengths, capacity and goals of individuals, and encourage actions that promote a level of independence in daily living tasks, as well as reducing risks to living safely at home.*

Wellness emphasises identifying needs, aspirations and goals. It acknowledges and builds on strengths and has a focus on integrating support services as a path to greater independence and quality of life



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Definitions of wellness and reablement

(Living well at home: CHSP Good Practice Guide, p. 12)

Reablement involves time-limited interventions that are targeted towards a person's specific goal or desired outcome to adapt to some functional loss, or regain confidence and capacity to resume activities.

Reablement emphasises assisting people to regain functional capacity and improve independence. Similar to rehabilitation, it is goal-oriented and aims at full recovery where possible – it seeks to enable people to live their lives to the fullest.



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What is restorative care?

(Living well at home: CHSP Good Practice Guide, p. 13)

***Restorative care** involves evidence-based interventions led by allied health workers that allow a person to make a functional gain or improvement after a setback, or in order to avoid a preventable injury*



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Summary of Wellness and Related Approaches

(Living well at home: CHSP Good Practice Guide, p. 14)

Characteristics of Approach	Wellness	Reablement	Restorative Care
Aims to maximise independence and autonomy	Yes	Yes	Yes, plus aims to maintain or improve health and wellbeing
Strengths based	Yes	Yes	Yes
Nature of supports	General, across the CHSP service types	Targeted to assist a person adapt to a particular functional loss	Targeted to assist a person address a particular functional deficit Based on a clinical assessment
Duration of supports	Can be ongoing	Time limited	Time limited
Involves allied health staff	No	No	Yes
Target group	All CHSP participants	CHSP participants who want to continue to undertake activities of daily living for whom time limited supports can achieve an increase in independence	CHSP participants who can make a functional gain after a setback Clients are motivated to make functional gains over a time limited period





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Vision for a wellness approach

The vision for a wellness approach in the CHSP is that it will become embedded at all levels of the Programme – in the culture of those administering the Programme and those managing CHSP services, those involved in the assessment and planning activities and those involved in service delivery. It is also anticipated that the approach will be embraced by the clients of the CHSP and continue to develop and grow in response to feedback by clients.

From: Living well at home: CHSP Good Practice Guide, p.15

True cultural change requires the involvement of players at every level of the collaborative structure. The review identified some significant challenges in shifting the mindset and dialogue around home care. Simultaneously, it found great examples of where cultural change challenges are being overcome. A successful, cross-sector implementation of W&R approaches requires a fundamental change in attitude and culture for consumers, assessors and providers.

From: Wellness and Reablement: A summary of consultations across the home care sector

Activity 1 - Discussion

1. How would you explain the concepts of wellness and reablement to someone in simple, everyday language?
2. What are the main differences between wellness, reablement and restorative care?



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Two case studies of wellness and reablement

1.

Mrs Smith had a goal of making her bed. With the help of a support worker she takes the sheets off the bed, lays out new sheets and inserts the pillows in the cases. She has also replaced her old woollen blankets with a light weight doona. This means Mrs Smith is able to have control over making her bed by selecting the bed linen and, once the fitted sheet has been put in place (with the support worker lifting the mattress corners), she is able to complete the task herself. (Source: Silver Chain)

2.



[Audio from our Podcast Series – Interview with Dana Lavenant](#)
From 14':02''

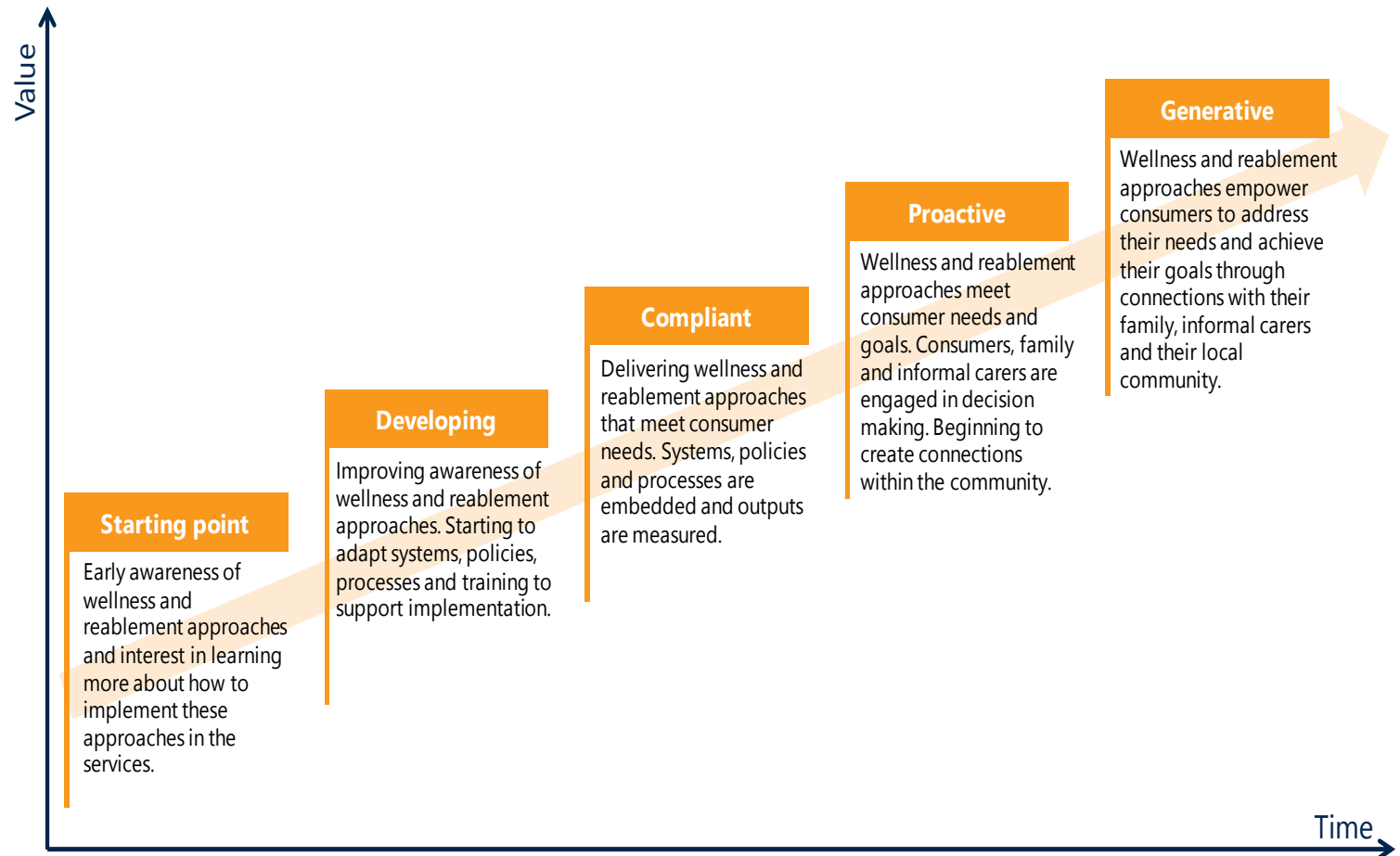


Activity 2 - Discussion

- Can you give an example or examples of wellness and reablement in action in your work with clients?
- What do you think are the benefits to adopting a wellness and reablement approach for
 - Clients?
 - Your organisation?
 - Your workforce?
- How important do you think it is for volunteers to understand and practice a wellness and reablement approach in your organisation? Why?



Where is your organisation?





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Thank you