



Accompanying notes for <i>What is wellness and reablement?</i>	
Slide 1 Introduction	<p>This training can be conducted with a group of volunteers, or individual volunteers. Volunteering SA&NT can also facilitate the training for organisations.</p> <p>This training is one in a series of modules and each module has a corresponding PowerPoint and accompanying notes. There is a suggested sequence of modules but the modules can be used independently or together as appropriate for particular volunteer cohorts.</p>
Slide 2 Objectives	<p>It is important to understand the concepts of wellness and reablement as defined by the Commonwealth Home Support Programme, and equally important for your workforce team to be able to explain the concepts in simple, everyday language that could be understood by someone who has never encountered wellness and reablement.</p> <p>Consider why we would want to adopt a wellness approach and what are the benefits for stakeholders, and in particular clients.</p>
Slide 3 Wellness	<p>Let's take a closer look at the CHSP definitions. The first of these is a definition of wellness.</p> <p>What do we understand by the terms <i>strengths</i>, <i>capacities</i>, and <i>goals</i>? What are some examples of strengths of people?</p> <p>What is the difference between strengths and capacities?</p> <p>For further discussion of strengths, listen to the wellness and reablement podcast with Vanessa Leane.</p>
Slide 4 Reablement	<p>Reablement may include a return to social activity or community involvement for the consumer.</p>
Slide 5 Restorative Care	<p>Restorative care is of a short term nature, and interventions are carried out by allied health workers, based on a clinical assessment</p>
Slide 6 Summary of wellness and related approaches	<p>Think of examples of wellness, reablement and restorative care. Where do the services provided by your organisation fit?</p>
Slide 7 Vision for a wellness approach	<p>This slide looks at how a wellness approach should be embedded within an organisation. This will be dealt with more in depth in other training modules, especially the Changing mindsets training.</p>

<p>Slide 8 Activity 1 – Discussion</p>	<p>Spend 10 to 15 minutes on this activity. If you are working as a group, split into smaller groups or pairs to discuss. Note some dot points on paper and share your insights with the whole group after the discussion.</p> <p>For question 1, try not to use the words <i>wellness</i> or <i>reablement</i> in your explanations.</p>
<p>Slide 9 Case Study</p>	<p>Ask participants to read the case study and decide whether this is an example of wellness, reablement or restorative care.</p> <p>What would this case study have looked like if the worker had worked <i>for</i> and not <i>with</i> the client? Why would that have been a missed opportunity?</p> <p>What is your reaction to Dana’s example on the podcast. How might a volunteer feel about saying ‘no’?</p>
<p>Slide 10 Activity 2 - Discussion</p>	<p>Spend 15 to 20 minutes discussing these questions in small groups or pairs. Note some dot points and report back to the whole group at the end of the discussion,</p>
<p>Slide 11 Where is your organisation</p>	<p>After the discussions, where would you say your organisation sits on this grid from the NOUS summary report?</p> <p>What do you think might be the next actions to move your organisation forward?</p>