

Embedding Wellness and Reablement Approaches

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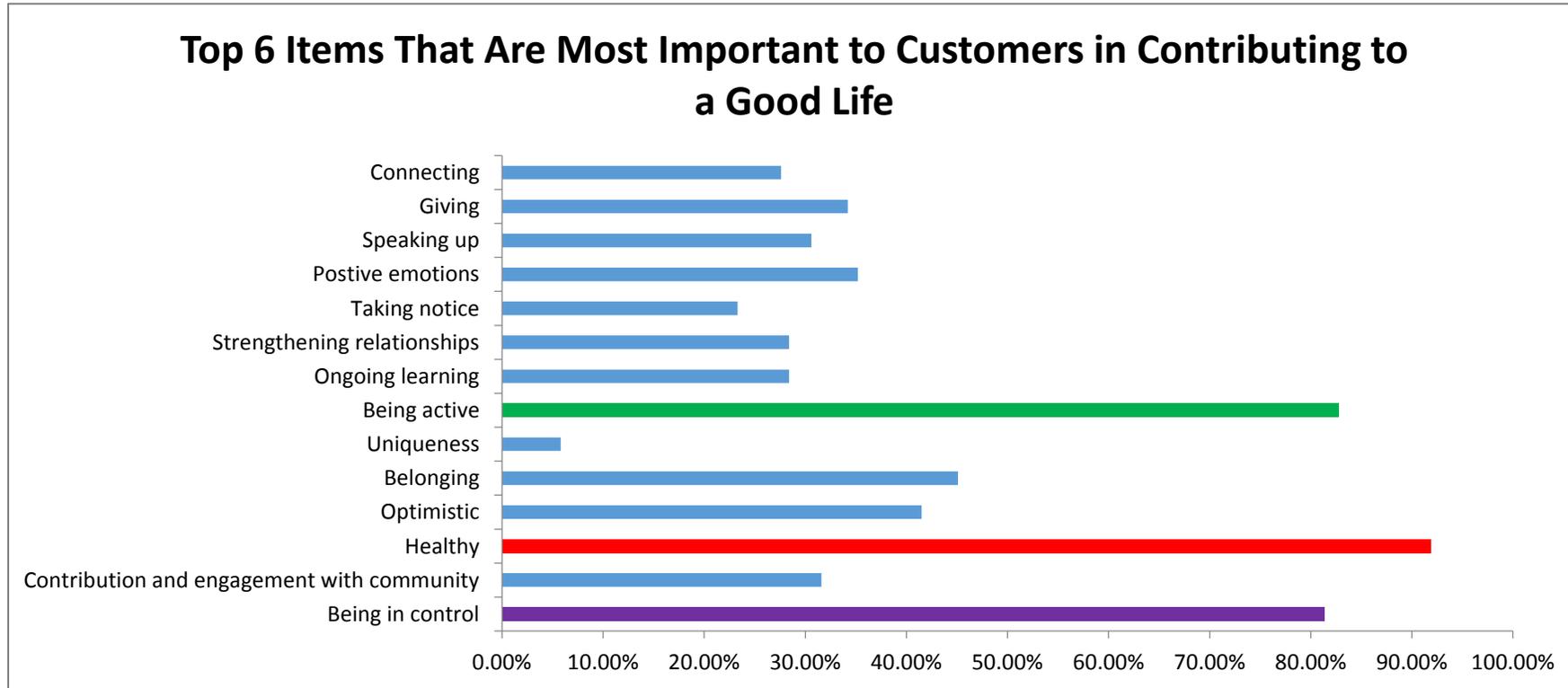
BPP

Len's Story



What was different from the traditional?

The research: Good Health



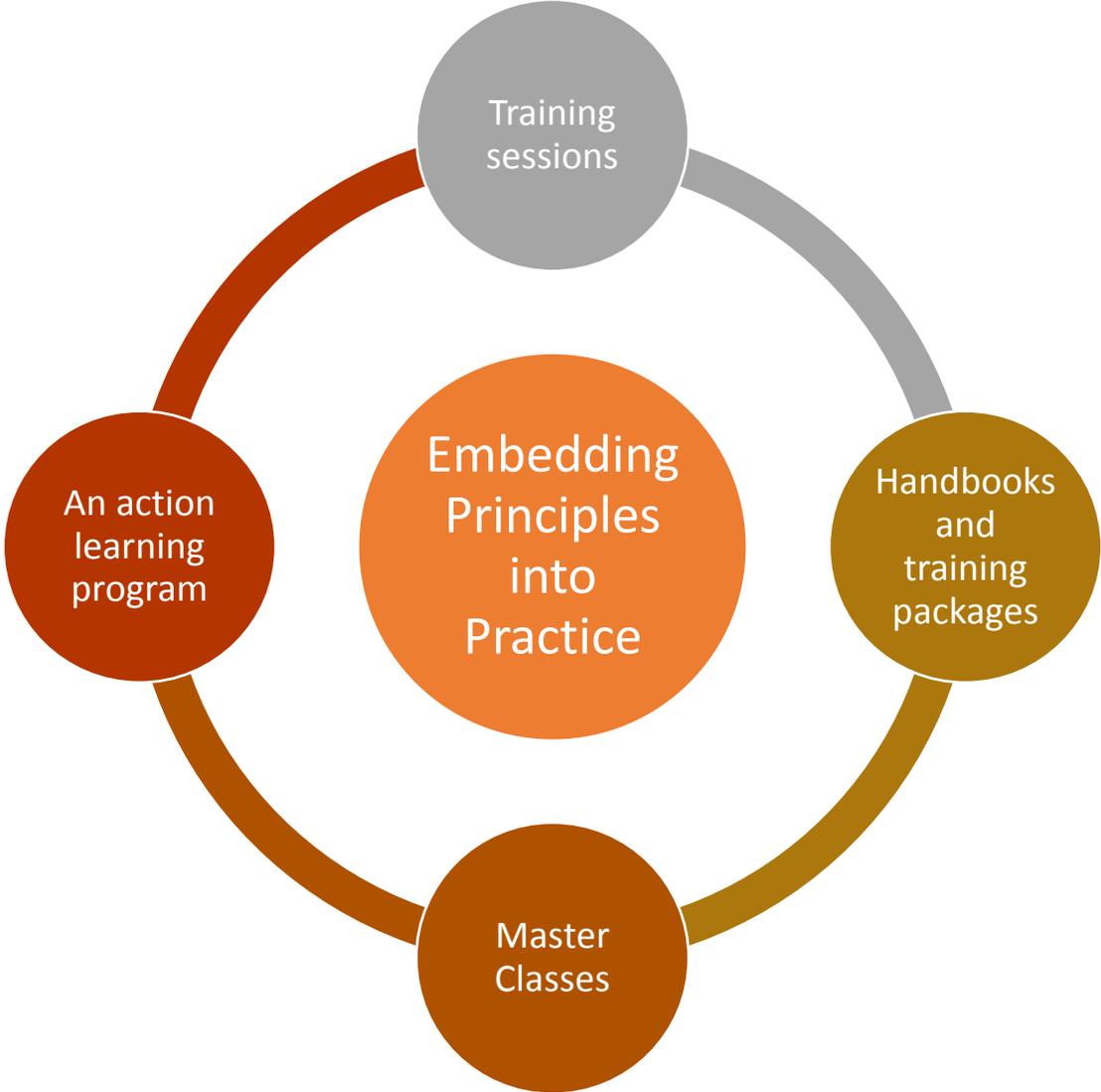
When asked to prioritise the items from highest importance to lowest the top three priorities were:

- 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



*What is the BPP doing around
wellness and reablement?*

Active ageing

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

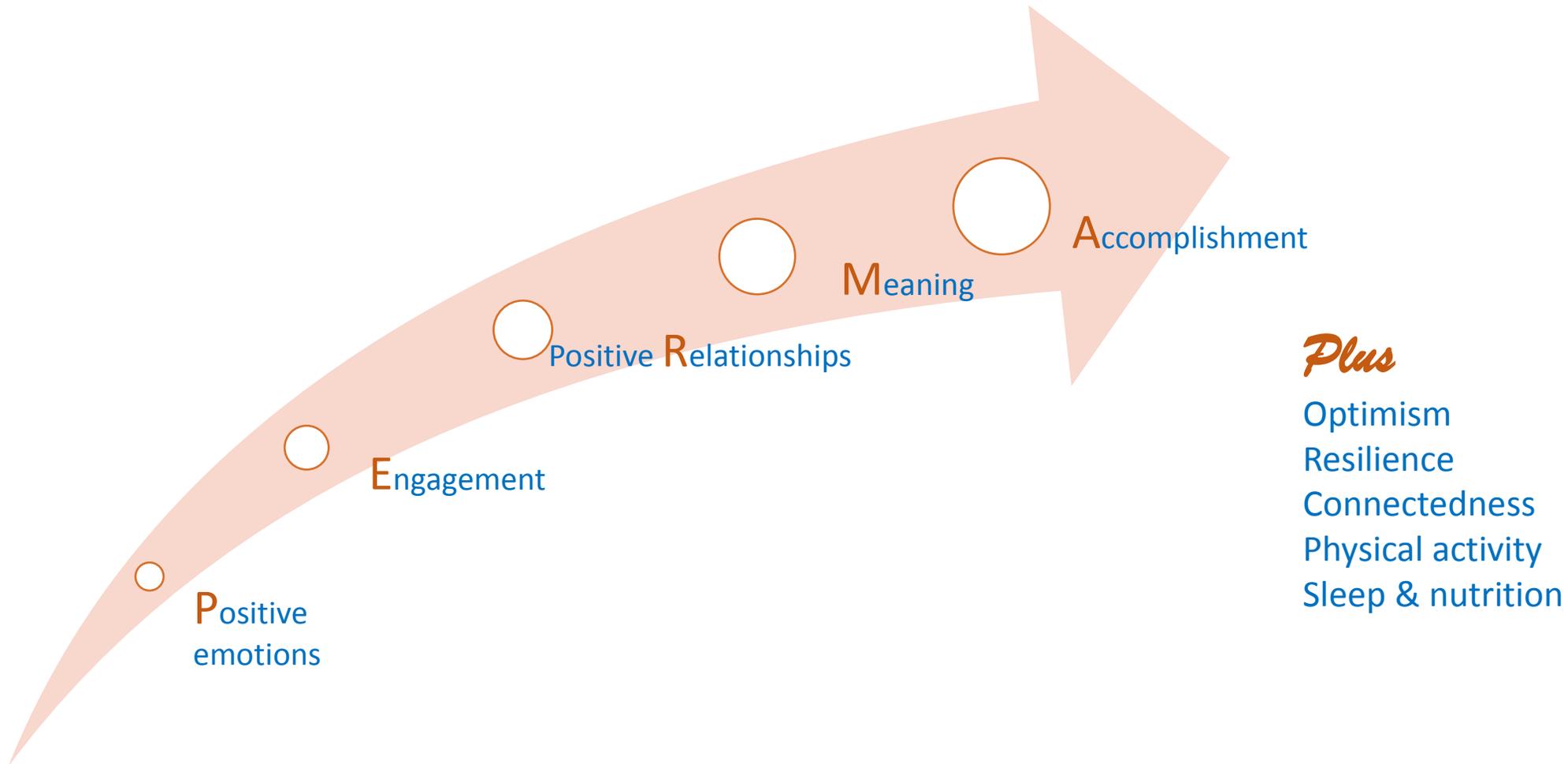
SOCIAL PARTICIPATION

HEALTH

LIFE LONG LEARNING

SECURITY

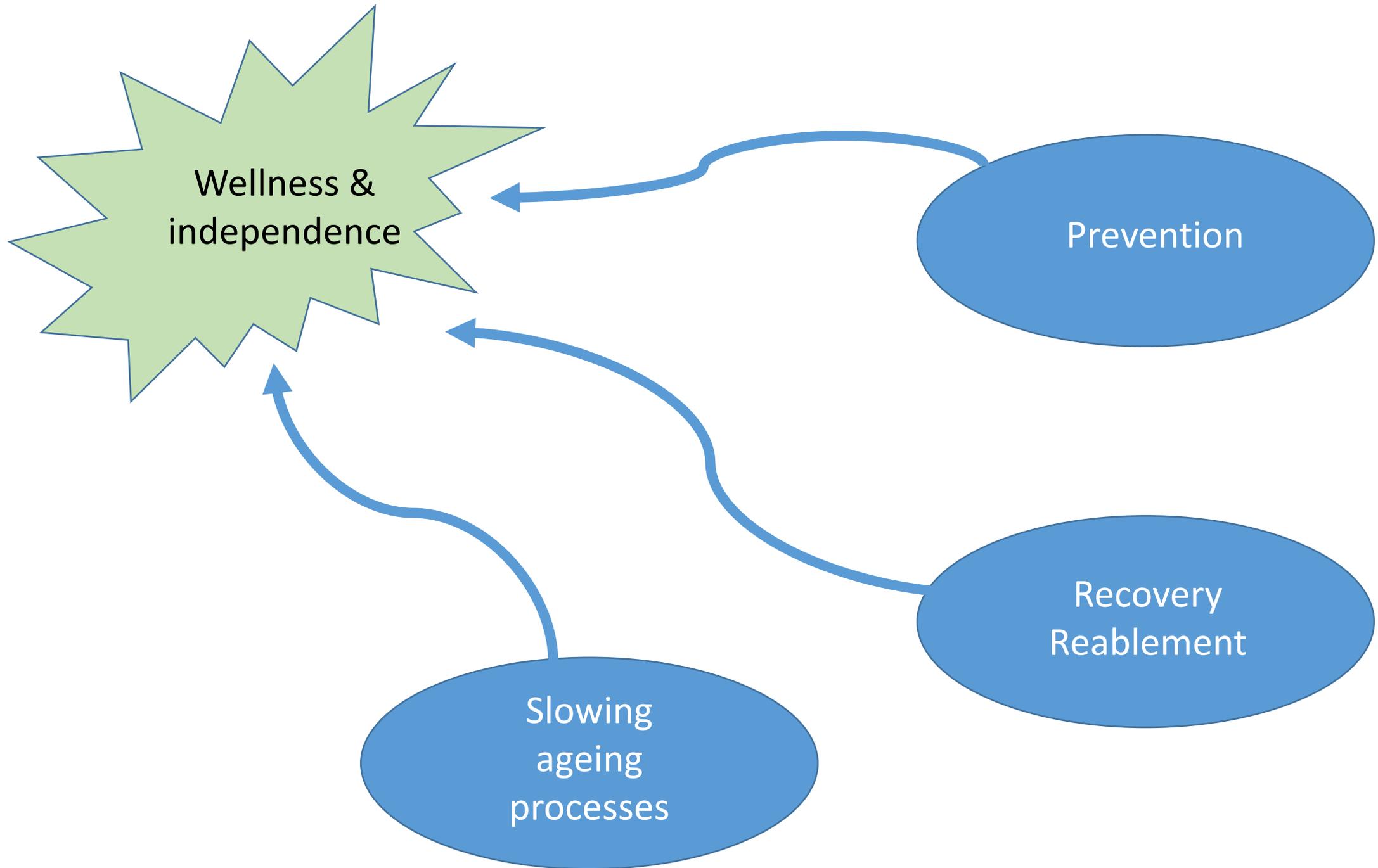
Key Characteristics of Wellbeing – PERMA +



Determinants of Wellbeing

Core Features	Additional Features
Positive emotions	Self-esteem
Engagement, interest	Optimism
Meaning, purpose	Resilience
	Vitality
	Self-determination
	Positive relationships

Seligman 2011



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

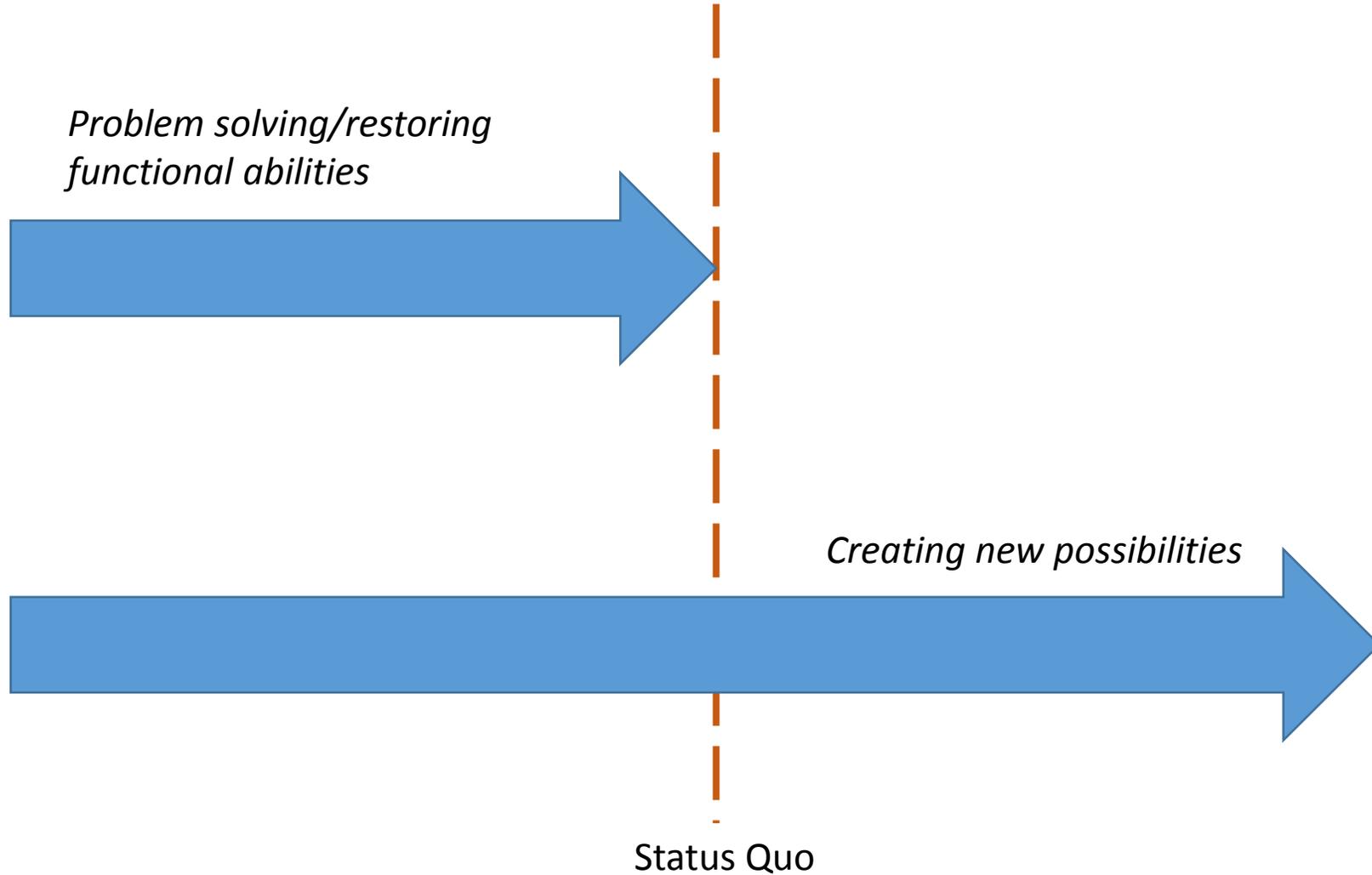
How does an Enabling Approach differ from a Traditional Approach

- 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

WHERE WE HAVE COME FROM	ENABLING APPROACH
Older person as service user	Older person as citizen, resident or person
Supporting carers in their caring role	Supporting positive family and friends relationships
Prioritising high need – assumption of on-going support	Early intervention and prevention – episodic support with reviews
Service type focus eg domestic assistance, meals	Holistic with health & well-being promotion focus – individually tailored
Deficit based assessment	Strength based assessment
Service substitutes for loss of function	Goal oriented planning

RESTORATIVE

GENERATIVE



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*

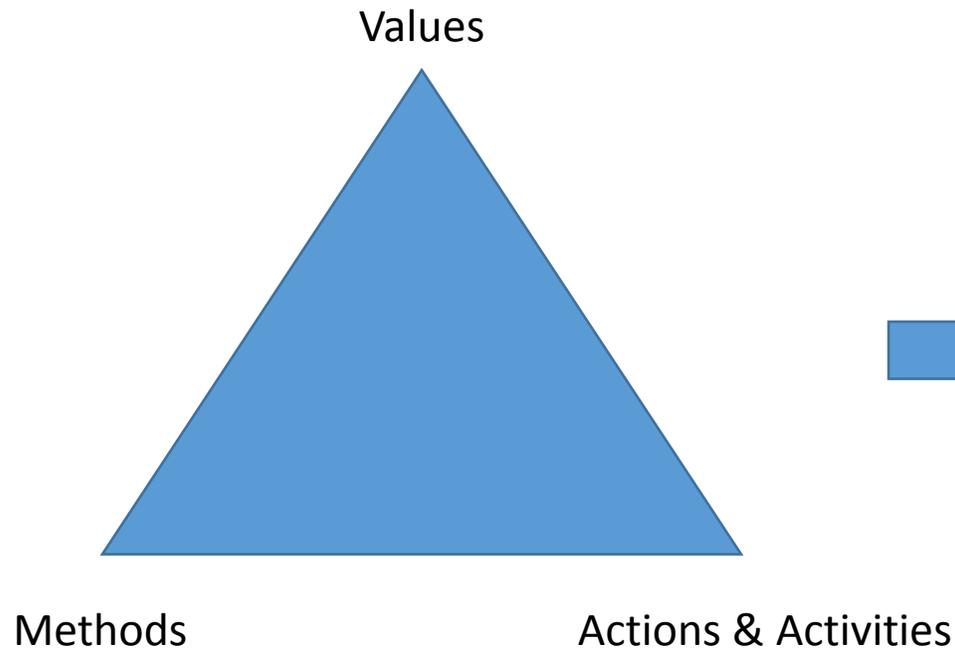
then

*A case
study to
explore*



A New Model – the starting point

How we work



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

