

Confident Care In Aged Care

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Reablement in Practice

Reablement is a proactive approach in aged care that focuses on supporting individuals to regain or maintain their independence and abilities. For leaders in residential aged care, understanding the foundations of reablement is essential to fostering a culture that empowers both the older individual and staff.



Key Concepts in Reablement



Reablement

A proactive approach that helps the older individual regain or maintain their independence through personalised support and goal setting.



Person-centred care

An approach that respects and responds to the older individuals' preferences, needs, and values.



Functional independence

The ability of an older individual to perform activities with minimal or no assistance from others.



Empowerment

Enabling the older individual to make choices and take control over their own care and daily lives.



Goal setting

Collaboratively establishing achievable objectives that guide care and support for each older individual.



Reablement is demonstrated when the older individual is actively involved in meaningful activities, with staff supporting and encouraging their independence. In practice, staff collaborate with the older individual, providing guidance and adjusting support as necessary, rather than completing tasks on their behalf. This approach builds confidence, enhances skills, and gives a sense of purpose to all participants. The older individual may join group activities where staff offer encouragement and support.

Principles of Reablement

Strengths based approach

A strengths-based approach focuses on what the older individual can do, rather than what they cannot. By identifying and building on existing abilities, leaders and staff help the older individual to achieve greater independence and self-esteem.

Collaboration

Collaboration involves the older individual, families, and staff working together to set goals and plan care. This shared decision-making ensures that support is tailored to individual needs and preferences, leading to better outcomes.

Goal orientated support

Goal-oriented support means care is guided by specific, meaningful objectives set with the older individual. This keeps everyone focused on progress and celebrates achievements, however small.

Promoting independence

Promoting independence is at the heart of reablement. Leaders encourage staff to support the older individuals in doing as much as possible for themselves, fostering dignity and self-worth.



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