

Same, Same But Different

Wellness, Reablement, Restorative

Central Highlands Alliance Meeting – February 2019

Wellness, Reablement, Restorative.....

- Definitions & Differences
- Assessment pathways, including service specific assessments
- Short Term Restorative Care (STRC) Packages



Wellness

- Overarching way of thinking and providing support to frail older people
- Implementing wellness approach is about building on an individual's strengths, capacity and goals to help them remain independent and to live safely at home
- 'Doing with' rather than 'doing for'
- Applied across all service types and with all CHSP clients



Reablement

- Short-term or time limited intervention that is more targeted towards a persons specific goal or desired outcome to adapt to changed circumstances such as functional loss, or to regain confidence and capacity to resume activities.
- Regional Assessment Service target specific clients, set Reablement periods and act as 'Care Co-ordinator' during the period, planning services and reviewing progress.
- Utilises existing CHSP services – which can be delivered above an 'entry level' during the period of reablement with the expectation that services will be lessened or withdrawn at the end of the period.



Restorative Care (CHSP)

- Within CHSP Allied Health and Therapy Service Type
- Evidence based interventions led by an allied health professional that allows a person make a functional gain or improvement, or in order to avoid a preventable injury.
 - Conduct an initial assessment to establish a baseline from which progress or maintenance of function can be evaluated.
 - Use of measurable, objective, quantitative indicators and record results on entry and at discharge.
 - Complete an outcome assessment documenting achievement or progress made against identified client goals prior to discharge for each client.

CHSP Differences

	Wellness	Reablement	Restorative
Definitions	Building on an individuals strengths, capacity and goals to help them remain independent and to live safely at home	Adjust to a functional loss or regain confidence and capacity to resume activities	Make a functional gain or improvement after a setback, or in order to avoid a preventable injury
Client Group	All CHSP clients	Targeted client group	Allied Health Clients
Assessment Pathway	RAS or ACAS	RAS	RAS or ACAS
Service Specific Assessments	Required	Required	Required including assessment of base line abilities
Reviews	Annual	Required periodically throughout the period	Required prior to discharge

Short Term Restorative Care (STRC) Packages

- The Short-Term Restorative Care (STRC) Programme aims to reverse and/or slow 'functional decline' in older people and improve their wellbeing.
- Package of short term care – 8 week program
- Approved by ACAS
- 8 week program
- Provided by Feros Care and Villa Maria in Grampians Region

Resources

- Commonwealth Home Support Programme – Program Manual 2018
- Living well at home: CHSP Good Practice Guide (2015)
- https://agedcare.health.gov.au/sites/default/files/documents/11_2017/strc_frequently_asked_questions_3_3.pdf