Reducing Social Isolation Through Reablement

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Definition of Reablement

Reablement

noun [U]

the job or activity of helping people return to normal life again after a period of being ill or in hospital

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We ask...

How can we broaden reablement from focusing solely on physical health to take a holistic approach and encompass psychosocial aspects including emotional, spiritual and social needs.

Can these elements be effectively separated, or are they interdependent?

Can one exist without the other?

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Who Are We?

Why are we here asking these questions?

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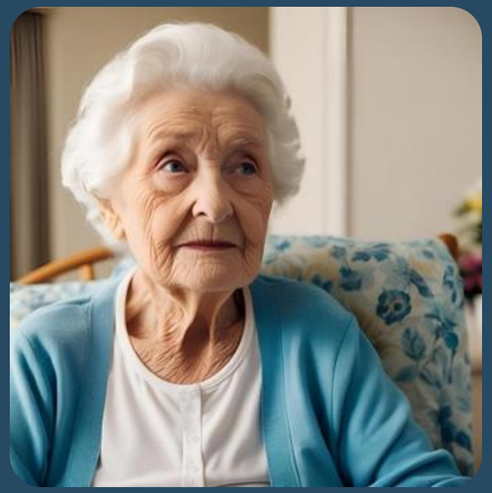
Why I created The SeniorsChannel



40% of Aged Care residents NEVER have visitors

49% people aged 65+ have the TV on for company each day

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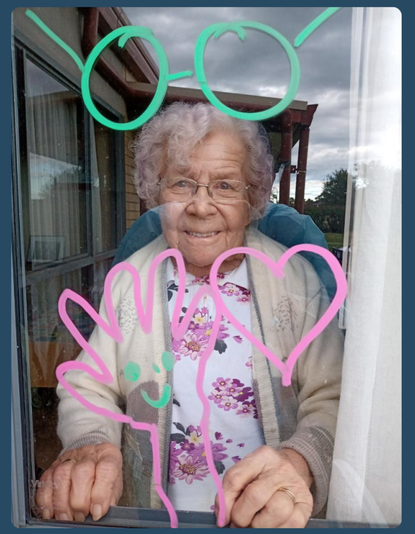

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Psychosocial Reablement in Action

Tell me about Rehctub?

- Aggressive and Angry
- Non-Compliant
- Non-Ambulant but upper body agility

I asked for more information

- He will probably hit you

This is RISK not history

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Psychosocial Reablement in Action

3 things were written down about Rehctub

“From Junee”

"Butcher”

“Got on the Wallaby Track or something”

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Psychosocial Reablement in Action

Rehctub Klat

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Psychosocial Reablement in Action

Rehctub Klat

or

Butcher Talk

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Psychosocial Reablement in Action

Butcher Talk

Joining the Dots

Here's what happened next . . .

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What happened to our Diversional/Recreational Therapists?

Australian Government
Department of Health and Aged Care

Strengthening the Aged Care Quality Standard

The Aged Care Quality Standards set the standard for safety and quality of aged care accessed by older people in Australia. Find out how we've strengthened the Quality Standards to make them more measurable and detailed.

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Social Isolation, Loneliness and Disconnection.

A Global Health Crisis

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Social Isolation and Loneliness

World Health Organization

High-quality social connections are essential to our mental and physical health and our well-being. Social isolation and loneliness are important, yet neglected, social determinants for people of all ages – including older people.

Social isolation and loneliness are widespread, with an estimated 1 in 4 older people experiencing social isolation and between 5 and 15 p cent of adolescents experiencing loneliness. A large body of research shows that social isolation and loneliness have a serious impact on physical and mental health, quality of life, and longevity. The effect of social isolation and loneliness on mortality is comparable to that of well-established risk factors such as smoking, obesity, and physical inactivity.

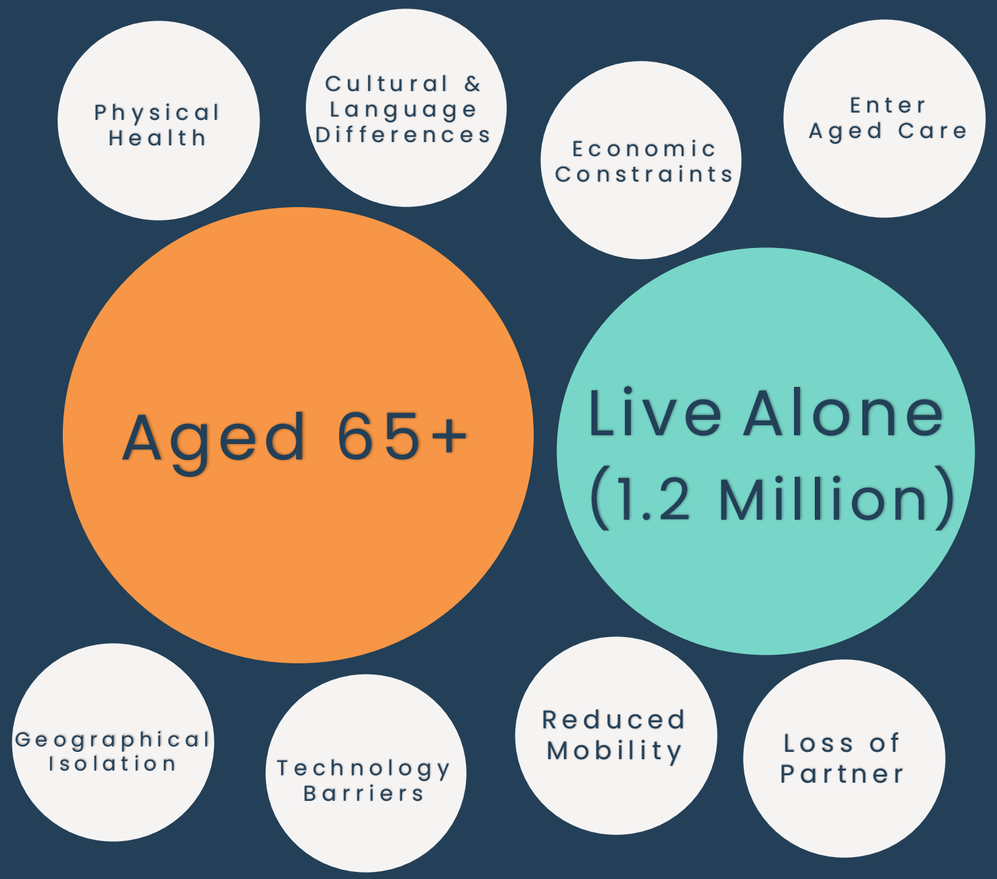
Social isolation and loneliness are increasingly being recognised as a priority public health problem and policy issue across all age groups During the course of the UN Decade of Healthy Ageing (2021-2030), the Demographic Change and Healthy Ageing Unit will be addressing social isolation and loneliness as one of the themes that cuts across the four main action areas of the Decade.

WHO Commission on Social Connection

The Demographic Change and Healthy Ageing Unit is also part of the Secretariat for the WHO Commission on Social Connection (2024–2026), separately established to bring together world-class Commissioners towards recognising and resourcing social connection as a global public health priority.

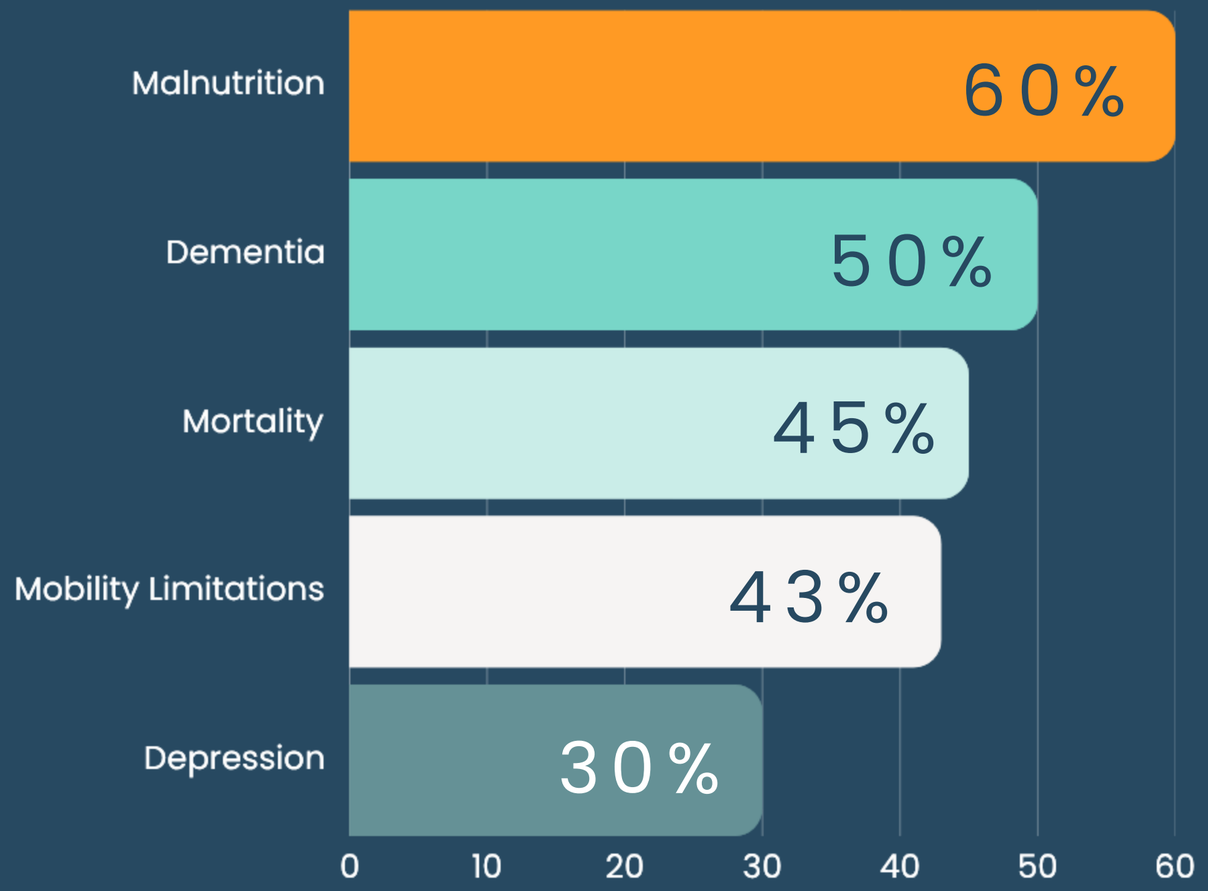
4.5 Million People Aged 65+ in Australia

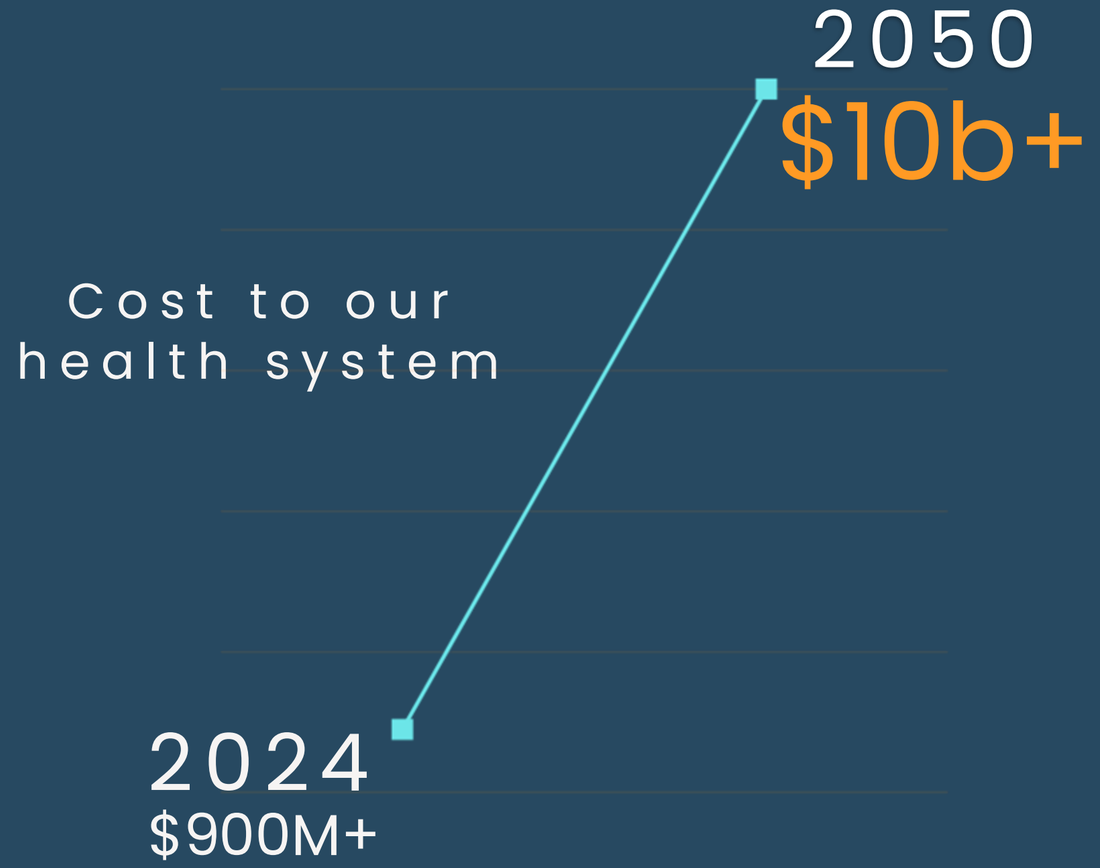
Risk Factors for Social Isolation



1 in 4 People are lonely

Loneliness Can Cause Serious Health Issues





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We need to act **NOW**

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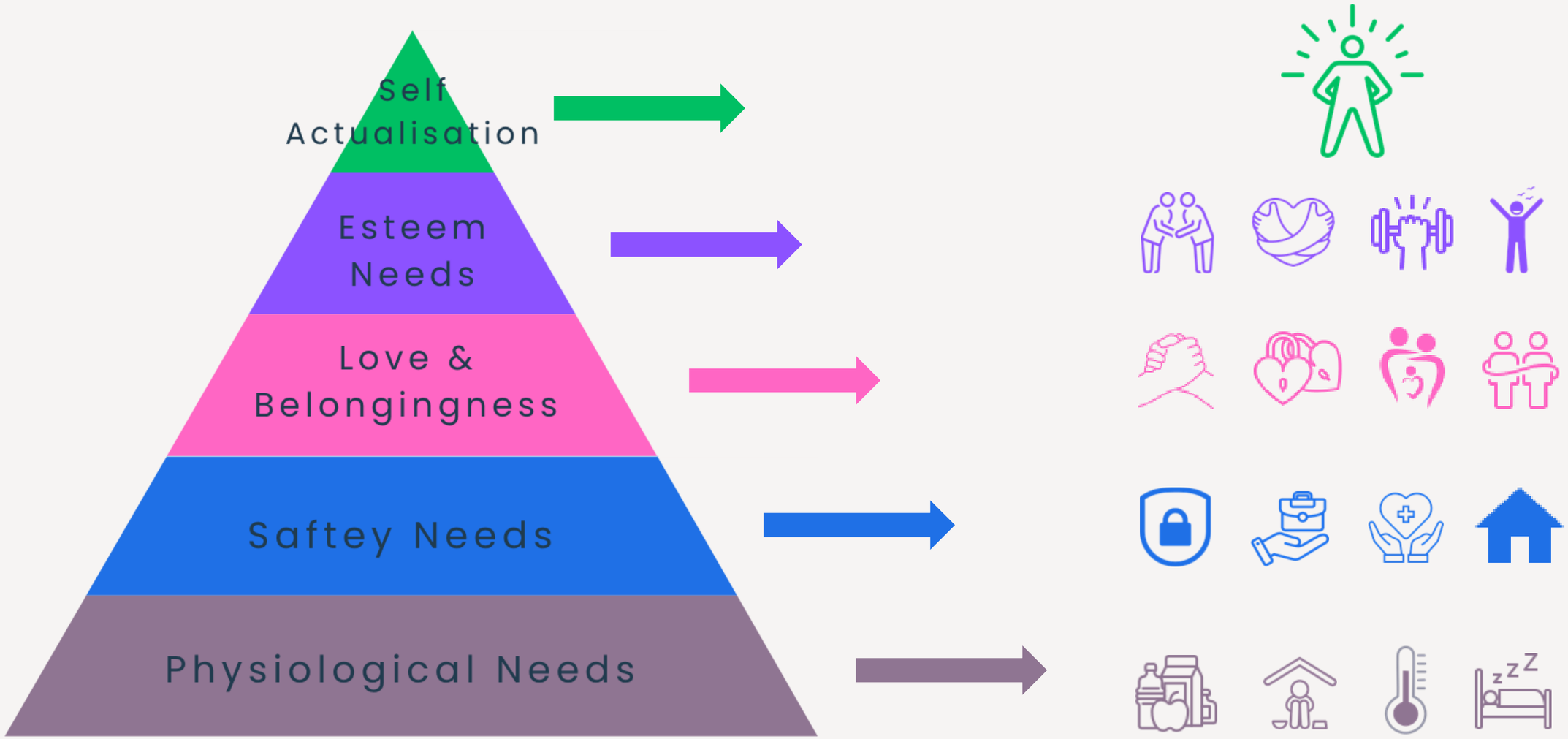
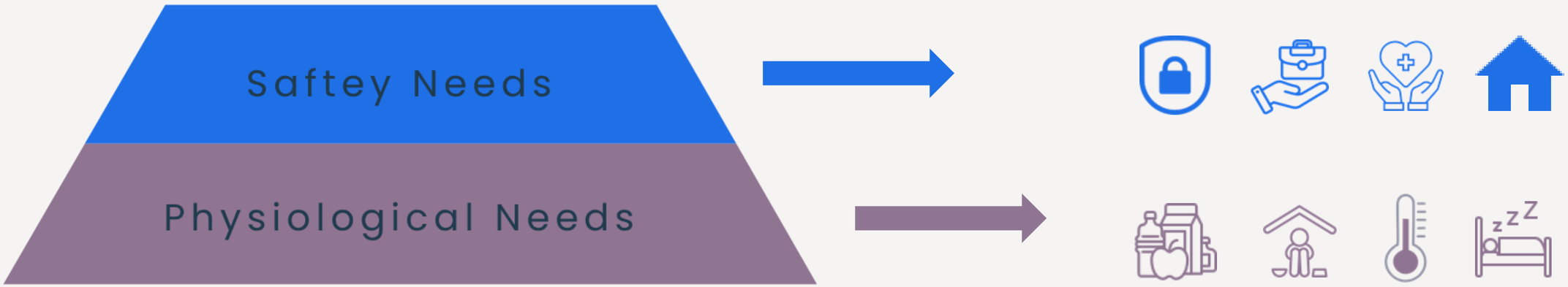
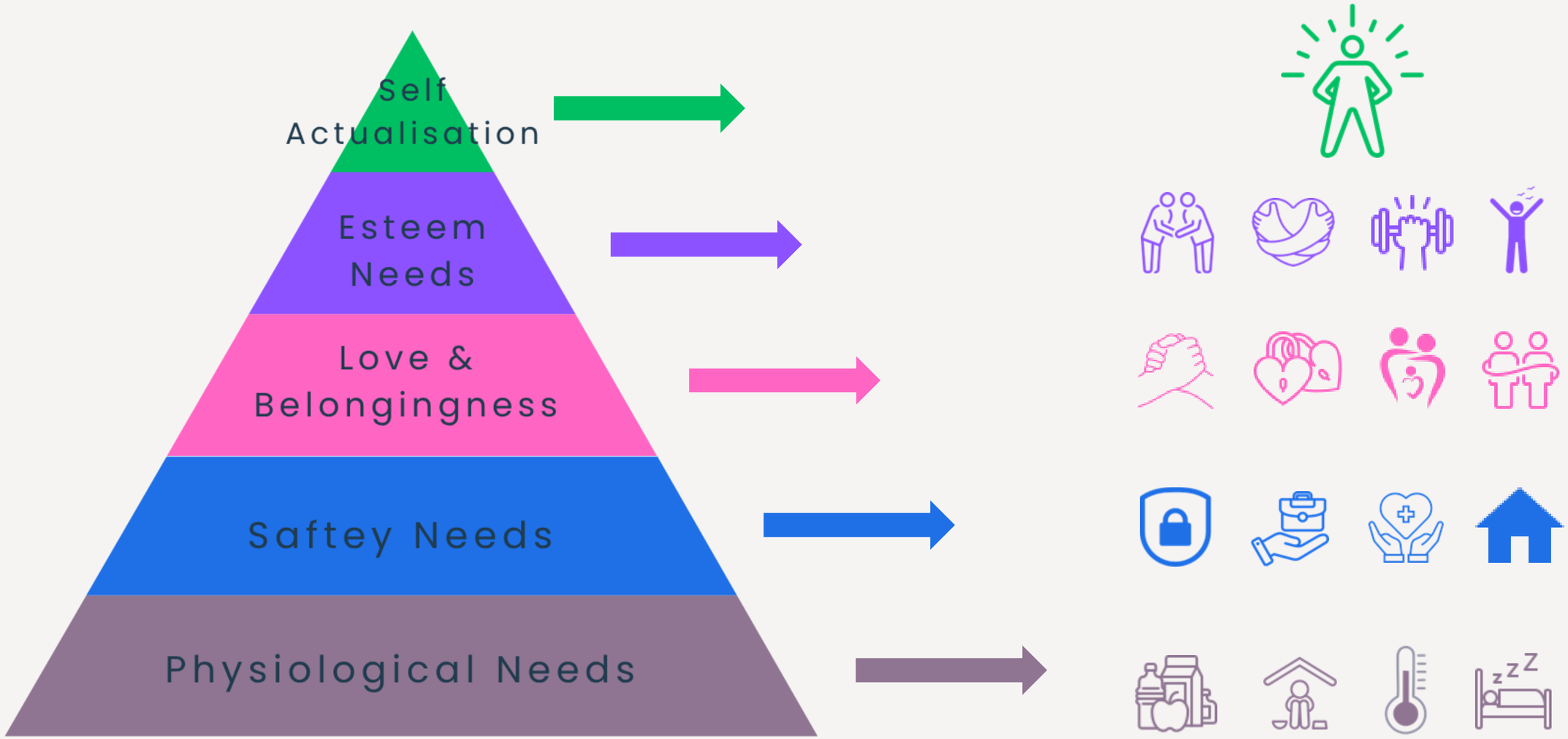
Maslows Hierarchy of Needs



Maslows Hierarchy of Needs



Maslows Hierarchy of Needs



Holistic Reablement

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Self Actualisation

Esteem Needs

Love & Belongingness

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Recognition, Innovation and Collaboration

Priority

Using Tech To Connect

Work Together

Power of Collaboration

Central Coast Health & Wellbeing Living Lab

COTA QUEENSLAND

AACI AUSTRALIAN AGED CARE Innovators

inclusee Connecting Community

Holistic Reablement - Diamond Standard of Care

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Q & A

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