WELLNESS, REABLEMENT AND PURPOSEFUL AGEING

WHAT DOES THIS REALLY MEAN FOR AGED CARE?
PURPOSEFUL AGEING APPROACHES THAT FACILITATE WELLBEING

Lidia Conci
Managing Director

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WHAT IS WELLNESS?
7 DIMENSIONS OF WELLNESS
WHAT IS REABLEMENT?

Services that support individuals to help them accommodate their illness by learning or re-learning the skills necessary for daily living.

Commonly referred to RESTORATIVE CARE.

Focus on restoring independent functioning rather than resolving health care issues.
National review of wellness and reablement approaches within the aged home care sector.

A focus on wellness and reablement approaches has been shown to improve function, independence and quality of life for older people.

Embedding wellness and reablement within this sector remains a key goal.

Numerous providers in residential and community have already implemented Wellness and Reablement approaches.
WELLNESS AND REABLEMENENT APPROACHES

Residential

- Exercise programs
- Exercise Physiologists
- Onsite gymnasiums
- Music & Art Therapies
- Gardening and cooking programs
- Pet therapies
WELLNESS AND REABLEMENT APPROACHES

- working together to design recreational goals
- Assessments focus on function. Not illness/dysfunction
- Person-centred, client-driven goals

Community
AVANTICARE
COMMUNITY HUB MODEL

Core Residential Services

Community Clinics

Wellbeing Services

Training

Home care

Gym

Transitional Rehabilitation Unit
BENEFITS

- Facilitate integration between RACF and the local community
- Provide services that are accessible for residents, their families, staff, local independent living units and the greater community as a whole
- Creation of business and marketing opportunities for RACF to define point difference and develop additional revenue streams
ADDED BONUS

Benefits not only for Clients, community & collaborative organisations

Recruit & retaining quality AH staff with an ability to work across a variety of settings

Embraces a positive enriching professional environment for Allied Health Workers who previously have had very little autonomy in the aged care sector.
PURPOSEFUL AGEING
HAVING A REASON TO GET UP IN THE MORNING

Purpose

• engagement and working toward goals as we age
• important for longevity, vitality and productivity
• shown to lower rates of cognitive decline, stroke, and heart attack
PURPOSEFUL AGEING

The Milken Institute Center for the Future of Ageing

- Physical and cognitive benefits from providing service to others
- Broad social and economic opportunities
- Flourish psychologically, physically, spiritually, and intellectually.
PURPOSEFUL AGEING

“An important key to ageing successfully is feeling that our lives are meaningful, that we have created something that will endure beyond us. At every age we need some structure in our lives and a reason to get up in the morning. Without it, sickness and earlier death are more likely.”

Linda Fried, dean and DeLamar professor of public health at the Mailman School of Public Health at Columbia University
VOLUNTEERING

Studies have found volunteering activities can have significant positive effects on ageing

- Including improved physical, mental, and emotional well-being
- Reduced risk of hypertension
- Increased strength and energy
- Delayed physical disability
- Enhanced cognition
- Lower mortality
Purpose and Alzheimer’s

- Delay the onset of Alzheimer’s and buffer its effects on the brain.
- Reduced harmful cognitive effects.
- Slowed the rate of decline by about 30 percent.
- Longitudinal study.

Even when the brain already exhibited the disease’s damaging plaques and tangles, 2.4 times more likely to remain free of Alzheimer’s when people had greater purpose.
PURPOSEFUL ACTIVITY
Purposeful Ageing Approaches

- Back to basics
- Montessori
- Music & Art activities
- Innovation and technology – can facilitate
- ASK – client-centred approaches
- Intergenerational Models
- Cooking
- Gardening
- Daily meaningful activities
- Pets / animal care
MONTESSORI

Philosophy

• To enable persons to be as independent as possible, to have a meaningful place in their community, to have high self-esteem, and to have the chance to make choices and meaningful contributions to their community.
Actual disability is the disability associated with the disease.

Excess disability is not a result of the disease. It arises from the disuse of remaining abilities (Dawson, Wells & Kline, 1993).

The more we do for people, the more we steal from people (Anne Kelly, Managing Director, Montessori Ageing Support Services).
## INTERGENERATIONAL MODELS

<table>
<thead>
<tr>
<th>Benefits for Children</th>
<th>Benefits for older people</th>
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<tbody>
<tr>
<td>• Provide and opportunity to learn from and connect with the older generation</td>
<td>• Provide older adults with a sense of purpose</td>
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<td>• Helps improve the behaviour that children show towards older people in general</td>
<td>• Enhance the dignity experienced by older people</td>
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<tr>
<td>• Improvements in children’s pro-social behaviours of sharing, helping and cooperating</td>
<td>• Alter communities’ perceptions of older adults and the ageing process from negative to positive</td>
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<td>• Decrease likelihood of juvenile delinquency in later life</td>
<td>• Improve the social outcomes of older people</td>
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<td>• Encourage older people to remain living in their home longer</td>
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<td>• Encourages older persons to reminisce</td>
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FOCUS FOR THE FUTURE

Ageing is not a disease
- Move away from clinical model
- Contradicts wellness and reablement principles

Focus on what older people “can do”, not what they “can’t do”

Listen to the consumer
- They will tell you what is meaningful to them

Focus on activities with meaning and purpose

Everybody at every level must embrace this view
- Training
- Policies

Palliative Care
- Life to the last breath
- Purpose and meaning to the end
QUESTIONS