



AAG

Australian
Association of
Gerontology



FACT SHEET 6
INTERNATIONAL
GUIDANCE
DOCUMENTS ON
REABLEMENT
APPROACHES

June 2019



To improve the experience
of ageing through
CONNECTING
RESEARCH, POLICY
and **PRACTICE**

This Fact Sheet has been developed by the Australian Association of Gerontology (AAG) with the support of the Expert Reference Group for the AAG Reablement Project 2017-19¹. The aim is to provide a list of guidance and discussion documents on reablement from other countries, rather than to provide actual guidance or instructions on reablement approaches.

This is one of a series of Fact Sheets exploring reablement that have been developed by AAG with the Expert Reference Group for the AAG Reablement Project:

- AAG Fact Sheet 1: Definitions of key aged care terms and acronyms used by the Australian Government
- AAG Fact Sheet 2: Australian approaches to reablement in the Home Support and Care Program
- AAG Fact Sheet 3: Australian approaches to reablement in residential aged care in Australia
- AAG Fact Sheet 4: List of published evidence on reablement approaches
- AAG Fact Sheet 5: Case studies exploring reablement approaches
- AAG Fact Sheet 6: International guidance documents on reablement approaches

[AAG has also produced three videos featuring experts speaking about reablement. These can be viewed here](#)

Acknowledgment of Country

Australian Association of Gerontology acknowledges Traditional Owners of Country throughout Australia and recognises the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures, to Elders past, present and emerging, and to all Aboriginal and Torres Strait Islander peoples including members of the Stolen Generations. For further information see AAG's [Aboriginal and Torres Strait Islander Ageing Advisory Group \(ATSIAAG\)](#)

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¹ Australian Association of Gerontology (AAG). Terms of Reference. Expert Reference Group for the AAG Reablement Project 2017-19 [Internet]. 2018 [cited 2018 Aug 31]. Available from: <https://www.aag.asn.au/documents/item/2208>

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International summaries

Mishra and Barratt (2016) IFA Copenhagen 2016 Summit Final Report: Reablement and Older People

“The intention of the IFA Global Think Tank and Copenhagen Summit 2015 / 2016 is to contribute to a solution-driven global public health agenda for healthy ageing whereby there is an improved awareness of the value of a reablement approach and applied technology for an increasing ageing population.”

“Attention focussed on the discourse on reablement and its efficacy for older people with dementia, diabetes and frailty [...]”

Full reference and link to download:

Mishra V, Barratt J. Final Report: Reablement and Older People. In Copenhagen: International Federation on Ageing and DaneAge; 2016 [cited 2018 May 26]. Available from: <http://www.ifa-copenhagen-summit.com/wp-content/uploads/2016/04/Copenhagen-Summit-Final-Report.pdf>

Smith (2016) 2016 Churchill Fellow report to articulate the benefits of reablement for older people to inform government implementation plans - New Zealand, UK and Denmark

“The growing aged care population, coupled with a shrinking taxpayer base is resulting in both governments and service providers identifying new ways of assisting more clients with fewer dollars.

One concept that has been gaining in prominence as an aide to solving this problem has been the introduction of reablement strategies to assist older Australians to maximise their independence, and therefore delay or avoid the need for funded support.

While Australians have been international leaders in research into the effectiveness of reablement this has not translated into a widespread adoption. This project was to enable me to understand the evidence, policy and practice of reablement in countries that have achieved success.”

Full reference and link to download:

Smith R. To articulate the benefits of reablement for older people to inform government implementation plans - New Zealand, UK and Denmark [Internet]. The Winston Churchill Memorial Trust of Australia; 2016 [cited 2018 Dec 22]. Available from: https://www.churchilltrust.com.au/media/fellows/Smith_R_2016_Reablement_for_older_people_to_inform_government_implementation_plans.pdf

World Health Organization (2017) Integrated care for older people. Guidelines on community-level interventions to manage declines in intrinsic capacity

“The recommendations provided here on integrated care for older people (ICOPE) offer evidence-based guidance to health care providers on the appropriate approaches at the community level to detect and manage important declines in physical and mental capacities, and to deliver interventions in support of caregivers. These standards can act as the basis for national guidelines and for the inclusion of older people’s health care in primary care programmes, using a person-centred and integrated approach.”

Full references and links to download:

World Health Organization. Integrated care for older people. Guidelines on community-level interventions to manage declines in intrinsic capacity [Internet]. Geneva; 2017 [cited 2018 May 25]. Available from: <http://apps.who.int/iris/bitstream/handle/10665/258981/9789241550109-eng.pdf;jsessionid=9F77DB2FABC96E9A90B5911F4710114B?sequence=1>

Australia

Australian Government, Department of Social Services, Living well at home: CHSP Good Practice Guide, Commonwealth Home Support Program (CHSP)

“This Good Practice Guide is intended to complement the Programme Manual (for the CHSP) and support the take up of wellness approaches in home care services.

Although wellness, reablement and restorative approaches are emerging as powerful ways to help older people improve their function, independence and quality of life, they are not new concepts in aged care. In Australia, Victoria and Western Australia are already operating with a wellness focus embedded in their programs and services. Other states and territories have also taken significant steps to introduce a wellness approach and some individual organisations in those jurisdictions are using well developed wellness practices. The Good Practice Guide seeks to build on existing examples of good practice and draw on the communications, capacity-building and training products that have been developed over a number of years in all jurisdictions and overseas.”

Full reference and link to download:

Living well at home: CHSP Good Practice Guide. Commonwealth Home Support Program (CHSP). Australian Government; 2015 June [cited 2019 Aug 5]. Available from: https://agedcare.health.gov.au/sites/default/files/documents/08_2019/living_well_at_home_-_chsp_good_practice_guide.pdf

Health Victoria, Active Service Model

“The Active Service Model (ASM) is part of a wider initiative to build capacity in Victorian Home and Community Care (HACC) services and make them more person centred. The approach focuses on people’s strengths, not their deficits, and assumes everyone has some capacity to improve their own health and wellbeing.

ASM aims to help people live in the community as independently and autonomously as possible. Being independent means people can manage their daily activities, including social and community participation. Being autonomous means people can make their own decisions.”

Full reference and link to download:

Victoria State Government, Department of Health and Human Services. Active Service Model; 2018 [cited 19 August 2019]. Available from: <https://www2.health.vic.gov.au/ageing-and-aged-care/home-and-community-care/hacc-program-for-younger-people/hacc-program-guidelines/hacc-quality-and-service-development/active-service-model>

Access Care Network Australia, reablement approach

“Reablement is an approach that helps people reach their goals and maximise their independence.

The aim of reablement is to help people adapt to a functional loss, or regain confidence and capacity to resume normal activity. We identify reablement strategies which are usually delivered in the home, over a fixed period of time. These strategies help by:

- training people in a new skill, or aiding them to re-learn a lost skill
- modifying a person’s home environment
- introducing equipment or assistive technology.

ACNA is proud to have been funded by the Department of Health to train and mentor several Regional Assessment Service organisations nationally as part of the Federal Government’s More Choices for a Longer Life measures to promote better ageing.

During the program service providers, senior Australians, their families and carers will be encouraged to target improve self-sufficiency and autonomy by participating in an active assessment followed by a reablement phase during which they will be assessed and coached to achieve their capability goals.

The program runs until June 2020.”

Full reference and link to download:

Access Care Network Australia. Reablement. 2019 [cited 19 August 2019]. Available from <https://www.acna.org.au/about-us/reablement/>

HammondCare (2019) Supporting independence and function in people living with dementia: A technical guide to the evidence supporting reablement interventions

“This document, *Supporting independence and function in people living with dementia - A technical guide to the evidence supporting reablement interventions*, provides a detailed synthesis of the published research evidence on reablement interventions for people living with dementia. The technical guide also explains the methodology used in developing the reablement programs described, an overview of the included studies, and a full reference list.

The technical guide builds upon those sections of the Cognitive Decline Partnership Centre *Clinical Practice Guidelines and Principals of Care for People with Dementia* that dealt with the evidence for interventions that could delay the onset of functional decline, or improve functioning and quality of life for people living with dementia. Also included are studies that post-dated the research reported in the CDPC publication.”

Full reference and link to download:

O’Connor et al.; 2019. Supporting independence and function in people living with dementia, A technical guide to the evidence supporting reablement interventions (2nd Edition). Sydney: HammondCare [cited 19 August 2019]. Available from:
<https://www.hammond.com.au/documents/reablement-guides/480-hc-technical-guide-2019-2nd-edition/file>

HammondCare (2019) Supporting independence and function in people living with dementia: A handbook of reablement programs for service providers and others with an interest in improving function

“The sector handbook is written primarily for aged care and service providers, allied health and nursing professionals, managers and care workers. People living with dementia and their carers or support persons may also find the handbook useful. The sector handbook presents the information detailed in the technical guide in a more accessible and summarised manner, focusing on the practical delivery of reablement programs.”

Full reference and link to download:

O’Connor et al.; 2019. Supporting independence and function in people living with dementia: A handbook of reablement programs for service providers and others with an interest in improving function (2nd Edition). Sydney: HammondCare [cited 19 August 2019]. Available from:
<https://www.hammond.com.au/documents/reablement-guides/479-hc-handbook-2019-2nd-edition/file>

HammondCare (2019) Supporting independence and function in people living with dementia: An information booklet of reablement programs for people impacted by dementia

“This booklet is primarily for people living with early to moderate dementia, along with family members and others who provide support, however, some programs and interventions may also be applicable later in the course of dementia. In this booklet we provide information that we hope will help people living with dementia, and those providing them support, to make better and more informed choices about reablement programs that could maintain or improve function and quality of life. The booklet is one of three that aim to bring together the best research evidence on methods that have been shown to help maintain, delay decline, or improve function for people living with dementia. This project has built upon the recommendations of the Australian Clinical Practice Guidelines and Principles of Care for People with Dementia, which can be found at <http://sydney.edu.au/medicine/cdpc/resources/dementia-guidelines.php>”

Full reference and link to download:

HammondCare (2019) Supporting independence and function in people living with dementia: An information booklet of reablement programs for people impacted by dementia (2nd Edition). Sydney: HammondCare [cited 19 August 2019]. Available from: <https://www.hammond.com.au/documents/reablement-guides/478-hc-consumer-book-2019-2nd-edition/file>

Denmark

Rostgaard (2016) Socially investing in older people - Reablement as a social care policy response?

“This paper will discuss the perspective of social investment and how the policy of reablement in long-term care falls within it, and then it will investigate whether the promises of reablement for creating a more sustainable long-term care system are realistic.”

Full reference:

Rostgaard T. Socially investing in older people - Reablement as a social care policy response? Research on Finnish Society. 2016; 9:19–32.

United Kingdom

Age UK (2018) Factsheet on Intermediate care and reablement

“This factsheet explains the referral and assessment process for intermediate care including reablement.

These terms describe short-term NHS and social care support that aims to help you:

- avoid unnecessary admission to hospital
- be as independent as possible after an unplanned hospital stay or illness
- remain living at home if due illness or disability, you are having increasing difficulty with daily life
- avoid moving permanently into a care home before you really need to.

This type of support is free for up to six weeks. The information in this factsheet is correct for the period May 2018 to April 2019. The information in this factsheet is applicable in England.”

Full reference and link to download:

Age UK. Intermediate care and reablement [Internet]. 2018 May [cited 2018 Aug 27]. Report No.: 76. Available from: https://www.ageuk.org.uk/globalassets/age-uk/documents/factsheets/fs76_intermediate_care_and_reablement_fcs.pdf?dtrk=true

National Institute for Health and Care Excellence (NICE) and Social Care Institute for Excellence (SCIE) (2017) Understanding intermediate care including reablement: A quick guide for people using intermediate care services

This resource is for service users and includes a plain-English description of:

- What intermediate care, including reablement, is
- What to expect
- Who is in the intermediate care team
- Further resources

Full reference and link to download:

National Institute for Health and Care Excellence (NICE) and Social Care Institute for Excellence (SCIE). Understanding intermediate care including reablement: A quick guide for people using intermediate care services [Internet]. 2017 [cited 2018 Aug 27]. Available from: <https://www.nice.org.uk/about/nice-communities/social-care/quick-guides/understanding-intermediate-care#team>

National Institute for Health and Care Excellence (NICE) (2018) Quality Standard: Intermediate care including reablement

“NICE quality standards describe high-priority areas for quality improvement in a defined care or service area. Each standard consists of a prioritised set of specific, concise and measurable statements. NICE quality standards draw on existing NICE or NICE-accredited guidance that provides an underpinning, comprehensive set of recommendations, and are designed to support the measurement of improvement.”

“This quality standard will be included in the NICE Pathway on [intermediate care including reablement](#), which brings together everything we have said on intermediate care including reablement in an interactive flowchart.”

“This quality standard is expected to contribute to improvements in the following outcomes:

- health-related quality of life
- social care-related quality of life
- carer quality of life
- independence, choice and control over daily life
- length of hospital stay
- delayed transfer of care from hospital
- hospital readmissions
- admissions to residential care.

Related references and links to download:

National Institute for Health and Care Excellence (NICE). NICE quality standard Briefing paper: Intermediate care including reablement. United Kingdom: Health and social care directorate; 2017 Oct.

National Institute for Health and Care Excellence (NICE). NICE quality standard Equality impact assessment: Intermediate care including reablement. United Kingdom; 2017 Oct.

National Institute for Health and Care Excellence (NICE). NICE quality standard draft for consultation: Intermediate care including reablement. United Kingdom; 2018 Mar.

National Institute for Health and Care Excellence (NICE). Quality Standard Consultation- Intermediate care including reablement. Summary Report [Internet]. 2018 May [cited 2018 Aug 27]. Available from: <https://www.nice.org.uk/guidance/qs173/documents/consultation-summary-report>

National Institute for Health and Care Excellence (NICE). Intermediate care including reablement [Internet]. 2018 Aug [cited 2018 Aug 27]. Report No.: QS174. Available from: <https://www.nice.org.uk/guidance/qs173>

Social Care Institute for Excellence (2012) Making the move to delivering reablement

“This At a glance briefing summarises research and practice evidence about reablement. It explains how to move from a traditional home care service to a new reablement service. However, it can also be used by service managers who want to continue to provide a traditional home care service but in a more ‘reabling’ way.”

Full reference and link to download:

Social Care Institute for Excellence. Making the move to delivering reablement [Internet]. United Kingdom; 2012 Mar. Report No.: 56. Available from: <https://www.scie.org.uk/publications/atagance/atagance56.asp>

Social Care Institute for Excellence (2012) Reablement: key issues for commissioners or adult social care

“This At a glance briefing outlines research and practice evidence about reablement and describes what is required for successful implementation. It provides links to evidence and information freely available online and presents two case examples of the impact reablement can have on the population and on local authority budgets.”

Full reference and link to download:

Social Care Institute for Excellence. Reablement: key issues for commissioners or adult social care [Internet]. United Kingdom; 2012 Mar. Report No.: 52. Available from: <https://www.scie.org.uk/publications/ataglance/ataglance52.asp>

Social Care Institute for Excellence (2012) Film: The role of carers and families in reablement

“The film introduces Jill Hunter who was recently discharged from hospital with limited mobility, following major surgery. Jill lives alone and was determined to return to her independent lifestyle. To enable this, Central Bedfordshire adult social care services commissioned their reablement team to work with Jill. We hear from two community reablement workers about the incredible transition people like Jill can make from initially requiring intensive support to being completely independent. We also hear how crucially important it is for families to ‘buy into’ the reablement ethos and contribute to its success. In turn, Emily Holzhausen (Carers UK) describes how reablement teams must respect and involve families, recognising their role as part of the whole support circle.”

Full reference and link to download:

Social Care Institute for Excellence. Film: The role of carers and families in reablement [Internet]. 2012 [cited 2018 Aug 27]. Available from: <https://www.scie.org.uk/socialcaretv/video-player.asp?v=reablement1>

Social Care Institute for Excellence (2012) SCIE Guide 49: Maximising the potential of reablement

“Based on evidence from research and practice, this guide provides recommendations for maximising the potential of reablement in improving people’s outcomes and delivering a cost-effective service across health and social care.”

Full reference and link to download:

Social Care Institute for Excellence. Maximising the potential of reablement [Internet]. 2013 [cited 2018 Aug 27]. SCIE Guide 49. Available from: <https://www.scie.org.uk/publications/guides/guide49/files/guide49.pdf>

Wales, Age Cymru Advice, Factsheet, Reablement, intermediate care and preventative services in Wales

“This factsheet focuses on reablement and intermediate care services, though it also touches upon the wider agenda of ‘preventative services’, which are a key part of the Welsh Government’s strategy for the provision of social services under the Social Services and Well-being (Wales) Act 2014 (– see section 2 below). Broadly speaking, reablement and intermediate care services are both likely to consist of a varied range of integrated health (NHS) and/or social care services (provided by the local authority) that can be offered on a short term basis to prevent unnecessary hospital admission or a premature placement in long-term residential care. If offered, reablement and intermediate care services must be free of charge for periods up to and including six weeks.”

Full reference and link to download:

Age Cymru Advice. August 2019. Factsheet 76w, Reablement, intermediate care and preventative services in Wales [cited 19 August 2019]. Available from: <https://www.ageuk.org.uk/globalassets/age-cymru/documents/information-guides-and-factsheets/fs76w.pdf>

Wales, Social Services Improvement Agency (2013), Position Statement on Reablement Services in Wales

“The Position Statement was designed to help identify challenges and opportunities for improvement to reablement services and to catalogue effective practice for wider dissemination. The value of this exercise has been recognised by the range of contributing stakeholders who would need to examine how any similar benchmarking work be carried out in the future.”

Full reference and link to download:

Social Services Improvement Agency. 2013. Position Statement on Reablement Services in Wales [cited 19 August 2019]. Available from: https://socialcare.wales/cms_assets/file-uploads/2a-reablement-position-statement-web-version-e.pdf

Wales, Social Services Improvement Agency (2014), Reablement Services in Wales

“In December 2013 the Social Services Improvement Agency (SSIA) worked with the Reablement Learning and Improvement Network (LIN) and colleagues from across Wales produced the Reablement Position Statement. This was a first time in Wales to gain a national understanding of current Reablement services and to highlight the key benefits and challenges of such an approach. The resource, endorsed by the Welsh Government, was based on data from 2011/12. During the Reablement Learning and Improvement Network (LIN) meeting in June 2014 the need for an update of the national picture was identified, albeit that the information sought should be less detailed. A suite of questions were agreed with the Reablement LIN and the SSIA. The information within this report is based on discussions with each authority during August and September 2014 and covered

five key areas: 1. Current service data; 2. Information regarding current service models and future service plans; 3. “Tool Box” information, including a list of documents/measures; 4. Range of new initiatives; 5. Issues for potential future debate.”

Full reference and link to download:

Social Services Improvement Agency. December 2014. Reablement Services in Wales [cited 19 August 2019]. Available from: https://socialcare.wales/cms_assets/file-uploads/3a-Reablement-Services-in-Wales-ENG.pdf

United States of America

Baker et al (2001) The Design and Implementation of a Restorative Care Model for Home Care

“A multidisciplinary work group identified home care agency policies, misconceptions of older adults and their caregivers, and practice patterns of nurses, therapists, and home health aides that can impede patients’ progress toward functional independence. This article describes the process that one home care agency used to remove these obstacles.”

Full reference:

Baker DI, Gottschalk M, Eng C, Weber S, Tinetti ME. The Design and Implementation of a Restorative Care Model for Home Care. *The Gerontologist*. 2001 Apr 1;41(2):257–63.