



familybasedcare Tasmania

POLICY – WELLNESS, REABLEMENT, AND RESTORATIVE CARE

ID No: FBC-18-596

Version: 1.0

- Applies to:
- All staff, employees, and volunteers.
 -
- Applicable Standards:
- Aged Care Diversity Framework
 - CHSP Programme Manual 2020
 - CHSP Good Practice Guide
 - NDIS Quality and Safeguarding Framework
- Applicable Legislation:
- Aged Care Act 1997
 - National Disability Insurance Scheme Act 2013

Purpose

This Policy provides guidance for the incorporation of wellness, reablement, and restorative care approaches in the development and implementation of Care Plans for Family Based Care Tasmania clients pursuant to the general principles of Consumer Directed Care.

More specifically this Policy:

- establishes key communication points for wellness, reablement, and restorative care developments and information dissemination within Family Based Care Tasmania;
- assists Family Based Care Tasmania staff to gain a consistent understanding of the wellness, reablement, and restorative care policy development work currently being undertaken by the Association and our funding providers;
- provides practical operational support on wellness, reablement, and restorative care as a broad sustainable change management and quality improvement strategy, including for planning purposes.

Interpretation

Wellness means an approach that involves assessment, planning, and delivery of supports that build on the strengths, capacity, and goals of individuals, and encourages actions that promote a level of independence in daily living tasks, as well as reducing risks to living safely at home.

Reablement involves time-limited interventions that are targeted towards a person's specific goal or desired outcome to adapt to some functional loss, or regain confidence and capacity to resume activities.

Restorative Care involves evidence based interventions led by allied health workers that allow a person to make a functional gain or improvement after a setback, or in order to avoid a preventable injury. Interventions are provided or are led by allied health clinicians or other health professionals based on clinical assessment of the individual. Restorative care can involve primary health care providers of speech, hearing, vision, and dental care, or specialist mental health or disability services. It can require a multi-disciplinary approach and requires service providers to work in an integrated way with other service systems.

Consumer Directed Care (or Consumer Direction) is an approach to planning and management of care which allows clients and carers more power to influence the design and delivery of the services they receive and are encouraged to exercise choice. It seeks to tailor the mix and range of services to a client's preference, where practicable, as well as allowing greater flexibility in the timing and scheduling of supports.

Approach in the Development of Individual Care Plans

Wellness, reablement, and restorative care approaches have emerged as powerful tools to assist older people and those with disabilities to improve their function, independence, and quality of life. This Policy seeks to build on existing examples of good practice already established within Family Based Care Tasmania and to draw on the experience, communications, and capacity-building that have been developed over a number of years.

Family Based Care Tasmania staff tasked with the development and implementation of Care Plans are directed to consider these three different, yet complementary, methods of intervention that effectively form a continuum of service intervention when integrated into the existing Care Plan for an individual client.

Risk Mitigation

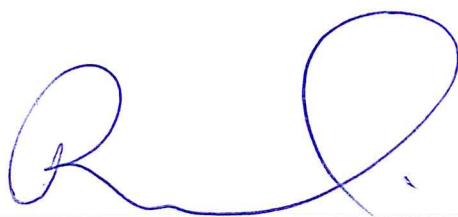
Consumer Directed Care has implications for wellness, reablement, and restorative care because it is focussed on what a client wants to do and reasonably can do that will be the starting point in developing and implementing a Care Plan that has a wellness, reablement, or restorative care focus. Whilst there may be risks associated with what a client wants to do, each individual should be encouraged by their Coordinator to determine the level of risk they wish to take on, together with the development of appropriate risk mitigation strategies.

Wellness, Reablement, and Restorative Care Committee

In recognition of the importance of developing, maintaining, and implementing best practice standards for these key concepts, Family Based Care Tasmania shall establish a specialist committee with a view to:

- Promoting, educating, and encouraging the key elements of wellness, reablement, and restorative care with all staff and across all business units of the Association;
- Compiling and reviewing particular episodes of wellness, reablement, and restorative care and identifying those cases deserving of meritorious mention, or significant success, for wider distribution across the Association in publications such as the Staff Newsletter; and
- Regularly reporting significant trends, opportunities, and challenges within these fields to the Executive Management team in order to better inform their planning and review processes.

Authorised by:



President

Date:

15/2/2021