Introducing reablement into a community health occupational therapy service:
A living skills approach

Ciara Lynch, Mina Stevenson, Leanna Helquist
mina.stevenson@cohealth.org.au |@minas_OT

Introduction

Reablement helps people to learn or re-learn the skills necessary for daily living, which have been lost through deterioration in health; or have never been learned.
A service gap was identified and a reablement approach was trialed.
The approach worked to align staff skill with organisational values in client directed care.

Method

- Dedicated position for a reablement occupational therapist
- Working group formed to plan, implement and evaluate
- Training and support provided
- Case studies were used to learn through reflection
- Ethics approval gained for evaluation
- Various advertising approaches used

cohealth health and support services for everybody

Results

- Increased number of referrals to occupational therapy
- Clients and health professionals have access to services previously not available to them
- Multidisciplinary team have a greater understanding of the role of occupational therapy and the principals behind occupational therapy intervention
- Focuses on client directed goals
- Encourages use of core occupational therapy skills

"real small changes made a big difference" | "improved quality of life" | "beyond expectations"

cohealth.org.au