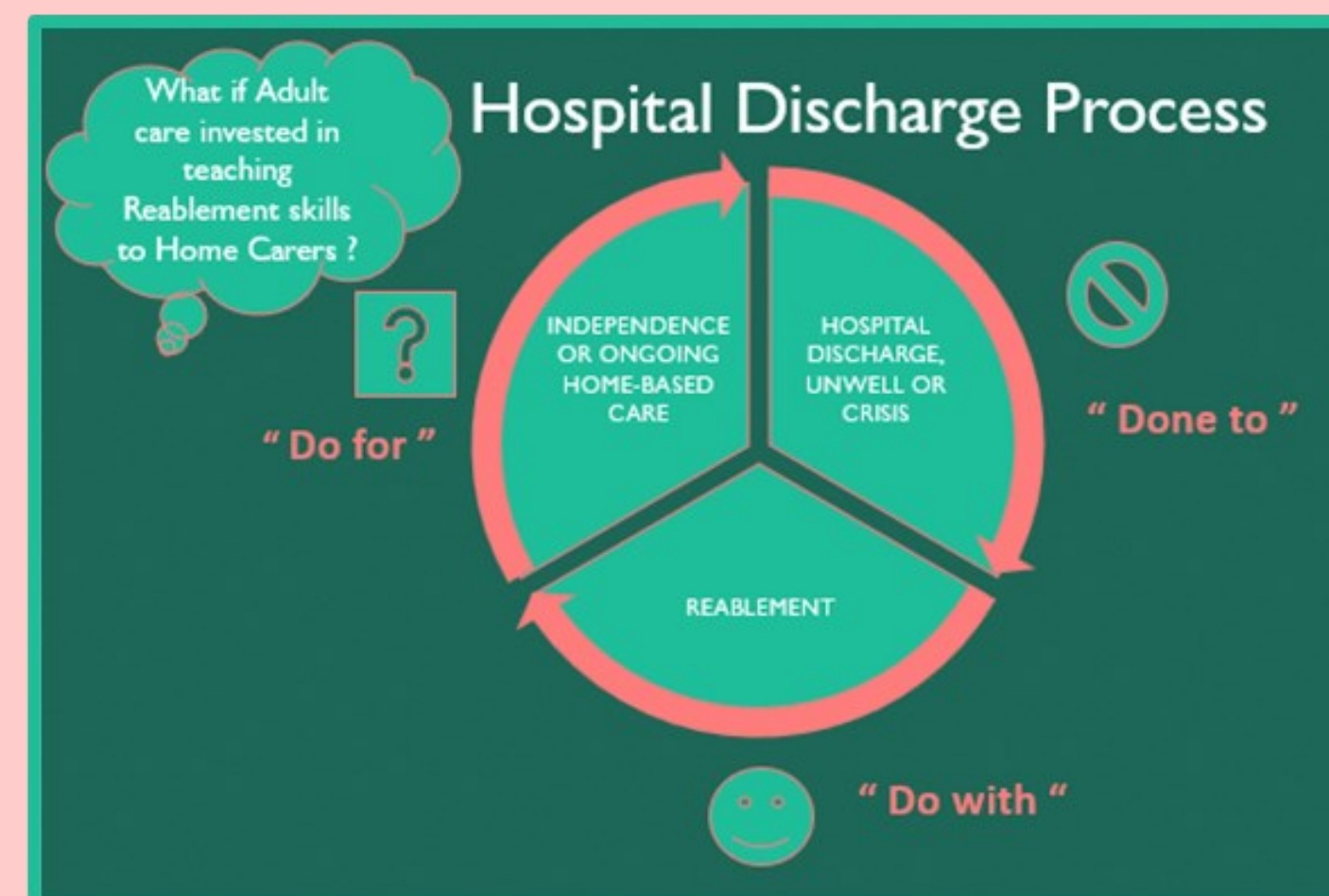


### What is Reablement ?

Reablement is a person-centered, goal focused intervention designed to maximise people's independence using interventions that focus on people's strengths (Doh, 2020; Clotworthy 2021; Bennett, et al 2022). By working alongside people, doing tasks with them, rather than for them, and practicing until those skills are confidently mastered, we see that people's outcomes and wellbeing improve (Metzelthin et al, 2020).

### The ACT Reablement Model

- Reablement Knowledge and skills competency training
- Reflective case discussion with an Occupational Therapist
- Proactive advice, equipment and responsive solutions



### Method

Mixed Method convergent design involving steering group with stakeholders and PPI. Ethical approval granted in 2021. Data collected from survey, interviews and focus groups. Coded using Nvivo software. Coding reliability tested with PPI

### Analysis

Simple quantitative statistics  
Qualitative Framework Analysis  
Coding reliability tested by % agreement  
Inductive and deductive interpretation of key patterns  
Merged data interpretation  
Bias challenged by reflexive practice and PPI involvement  
Narrative reporting

## The Independent Home-based Care Reablement Study

C. Bennett Msc, Dr. F. Allen & Dr P. Logan

### Before the training evaluation

41% were clear about the difference between Reablement and standard home care  
28% had clarity in how to motivate and challenge people who were reluctant to engage in their Reablement goals  
50% were confident in identifying when someone is improving in their abilities  
73% were confident in feeding back to the occupational therapist

### After the training

95.5% on all the above measures

### Sample

22 Home Carers  
91% Female  
86.5% White British  
59% >11 years experienced

### Acceptability

14 % attended one session  
32 % attended two sessions  
54 % attended three sessions

"This has learnt me a lot. Doing this and thinking, actually stand back a bit and let them do this for themselves and practice. So, I have. So that's good".  
Participant 12 (focus group)

## Understanding Reablement

- Home Carers were associated with doing things for a person, including housework this led to significant role dissatisfaction.
- Family expectations were challenging.
- The expectation of Reablement set by other professionals required recalibration of peoples expectations to get the most benefit from Reablement
- Some participants expressed a simplified view that Reablement is about reducing care.

## Knowledge and skills

- The most frequently used skills when **doing things with a person** were practice; motivation; confidence building, and least frequently used were goal setting and pacing.
- Views and attitudes contrasted about **doing things for others**, some beliefs conflicted with the Reablement ethos.
- Compensatory equipment for independence in activities of daily living, and/or how to use it effectively, was not understood by most.
- Managing risks, and making autonomous decisions were undertaken by most.

## Experience of Reablement

- Listening and empathy were used to promote choice and control, Person-Centred Practice was valued.
- Continuity enabled Home Carers to recognising capability for improvement and judge the next stage for Reablement.
- Reablement takes time.
- Call time shortened because of efficiency with the daily routine, or because the person practiced and mastered the skill.
- The person achieving a level of independence, and care not being reduced was perplexing.

### Outcomes

56% people had no ongoing service 21-22

- ✓ Increased home care capacity
- ✓ Increased job satisfaction
- ✓ Less handoffs between organisations
- ✓ Training feasible and valued by Home Carers
- ✓ More people with optimised independence

"Reablement, because you get your own job satisfaction when you say, well I've made a difference to that person"  
Participant 6 (Interview)

"I think training is important for carers, not just me for all carers. I think its such an easy job to get into and it shouldn't be, you should have training before you become a Carer, that's my opinion."  
Participant 9 (interview)

### Conclusions

The training was evaluated using mixed methods examining the quantitative trends and participants views. The study design, implementation, and data analysis was appropriate, and bias was minimised through reflexivity. The ACT training was feasible and well received by Participants who were Home carers working in the Independent Home-base care sector providing a commissioned bridging service for Adult Care Reablement

## Recommendations

- The Reablement Intervention Model is further tested in a Comparison Feasibility study.
- Training on Reablement is essential for Home Carers

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