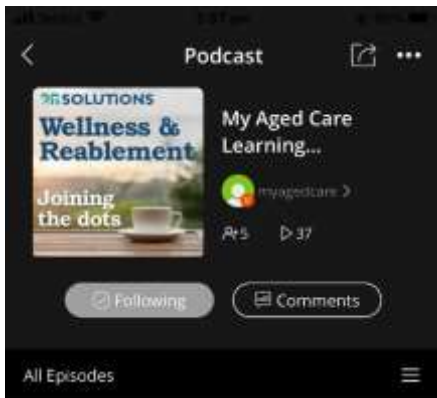# Reablement and Wellness – Joining the Dots Podcast
– for the Commonwealth Home Support Programme (CHSP)

The CHSP has released a range of resources via the new Wellness & Reablement digital landing page to support a consistent understanding and approach to wellness and reablement.   These include:

- A practical Guide, Toolkit, and Tip Sheets (refer Information sheet #1)
- Reablement and wellness eLearning training (Information sheet #2)
- A Podcast series – Joining the Dots (Information sheet #3)
- Reablement Community of Practice (refer Information sheet #4)

This information sheets introduces the **Podcast series**.

About the podcast

The podcast has been developed to supplement the wellness and reablement eLearning and resources developed to support a consistent understanding and approach to reablement and wellness across the CHSP sector.

The podcast includes 11 episodes, each running for between 10-20 minutes with a total running time of 2:50:06 hours.

Listeners of the podcast are strongly encouraged to listen to the episodes in their sequential order (from 1 through to 11) as they do build on each other.

The Podcast is free to download and access.

The podcast includes discussion, interviews, role plays and case studies with consumers, RAS home support assessors, community care workers, community care coordinators, representatives from the Department of Health and the training developers.

A summary of the episode content is available in this document.

Target audience

The podcast is suitable for all staff working across the CHSP programme, including coordinators, team leaders, allied health professionals, support workers and volunteers who are interested in confirming and/or building their understanding and approach to wellness and reablement.

Using the podcast to support learning & build knowledge

We all learn differently, and Podcasts are a great way to access information and build knowledge via the PC or a mobile device, whether you are on the move or relaxing. Podcasts are:

- Portable, convenient, and flexible to use – you can listen to podcasts while you do other things at work, at home or while you commute. You can also listen to them at a time and pace that suits you
- Appealing to the auditory learners amongst us
- Free to download and access
- Easily accessible for most people

Applying your learning

Listening to the podcast will help you to gain a consistent understanding about wellness and reablement within the CHSP.

Here are some tips for how you might apply what you have heard within your day to day practice.

- Use the material in the podcast to reflect on your own practice. Consider:
  - what are you doing that currently aligns with the approach?
  - what changes might you make to the way you interact with clients to improve your wellness and reablement practice?
  - What systems or processes need to change to support your wellness and reablement?
- Make a plan about how you will implement any changes to your practice and include:
  - What change you want to make
  - How, when and what tasks you will implement to achieve your change goal
  - What you need from your organisation to support your approach or change in practice
  - A date to review your progress and outcomes
- Discuss the content of the podcast with your peers, or as part of supervision with your team leader. This might involve selecting one or more of the episodes to discuss at a team meeting
- Complete the free eLearning training available via the MACLE portal (see below for link)
- Review the Guides, Toolkit, and Tip Sheets available via the CHSP digital landing page
- Become a member of the Reablement Community of Practice

Accessing the Podcast

To access the free Podcast:
1. Visit the Apple (for iphone) or Google (for android) app store on your mobile phone or PC
2. Using the search function, type in Podbean, which is a podcast app and podcast player that you can use to listen to this and other podcasts
3. Select Get to download the app on to your device
4. Set up a user login
5. Using the search function, type in My Aged Care learning which will identify the Reablement and Wellness podcast
6. Select 'subscribe' which will enable you to listen to the 11 available episodes and any future podcasts that may be released

Other learning resources

Visit the CHSP digital landing page at https://www.health.gov.au/initiatives-and-programs/wellness-and-reablement-initiative which provides a single point of access for CHSP organisations to locate Australian Government endorsed information.

To access local resources, please visit the Eastern sector development team website at www.esdt.com.au

Eastern Sector Development Team (ESDT)

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Episode summary

Alignment with MACLE	Episode	Length	Content summary
Episodes 1-6 supplement module 1, Awareness & Foundations in Wellness and Reablement (MACLE online training)	Episode 1	09.26 min	Episode 1 introduces the philosophy of reablement and wellness including their definition. The episode includes a focus on the importance of 'home' and what this means for different people. Listeners are also introduced the idea of person-centred care.
	Episode 2	13.37 min	Episode 2 continues to discuss the philosophy of reablement and wellness including: • How care in the home can provide *more good days* • Why reablement is important • An overview of the Promoting Independent Living (PIL) initiative including the aim of reablement and the need for consistent understanding about reablement • Moving away from jargon • Exploring 'doing with' versus 'doing for' • Discussing client empowerment as a result of reablement • Introducing reablement to a client and • Motivating clients
	Episode 3	18.09 min	Episode 3 provides a broad overview of the assessment role and the value of communication and relationship building. Using a role play, an Assessor talks through her approach to assessment with Pam and Phil (client and their carer). This involves thinking about each person as an individual and understanding each person wants, needs, and desires.
	Episode 4	17.15 min	Episode 4 focuses on building relationships through listening, engaging, and discussing; to support older people to reimagine doing something for themselves. It includes: • Tips around having conversations, getting to know people, and motivation • Being present, listening, building rapport, and working with people to build on their strengths • Supporting people who are not engaged
	Episode 5	16.15 min	Episode 5 includes the what and how of care planning. The episode uses a role play to demonstrate care planning as part of assessment and how this approach supports reablement in the home. It also includes practical self-care advice for working with client resistance.
	Episode 6	10.08 min	Episode 6 continues the care planning discussion with a focus on: • The evolving nature of care plans • Community care workers role and their relationship with the care plan • The value of community care worker feedback • Language -" I'm here to support" versus "I'm here to clean" This episode introduces the idea of risk associated with care planning and client goal setting and the need for community care workers to 'look up' from the care plan

Alignment with MACLE	Episode	Length	Content summary
Episodes 7-8 supplement module 2, Wellness and reablement in Practice (MACLE online training)	Episode 7	16.59 min	Episode 7 focuses on communication including: • Recognising that no two clients are the same and a client's needs and preferences may not be the same from day to day o stopping, listening and being present • Effective communication as a fundamental skill of wellness and reablement • Community care workers as the communication channel • Being flexible and observant • Setting a foundation of respect and building rapport • Tips for active listening- verbal and nonverbal, appropriate open-ended questioning
	Episode 8	14.06 min	Episode 8 builds on the previous themes around communication. Through the use of role play, we hear a community care worker engage with a client during a service visit. The episode also discusses: • how understanding 'why' a person wants something; is just as important as knowing 'what' they want • Conscious / unconscious bias • Working with people for whom English is a second language • Strategies to use when negotiating pushback
Episodes 9-10 supplement module 3, Reablement planning and strategy development (MACLE online training)	Episode 9	15.33 min	Episode 9 focuses on Planning including: • Planning from an assessment perspective • Assessment and task analysis • Identifying a person's strength within the task • Working with family and the people important to the client • SMARTA goals - what they are and how to use them
	Episode 10	17.39 min	Episode 10 includes discussion about strategy including: • Wellness and reablement - getting everyone on board • Where to get information • Language and jargon • Risk as a component of planning
Summary	Episode 11	20.59 min	Summary, key messages and Q&A with all participants from the Podcast series

Note: This resource is developed to support information sessions provided to CHSP providers by the Eastern Sector Development Team (ESDT) to promote resources available via the Wellness and Reablement digital landing page. The information does not replace existing material that is available to support and/or promote the wellness and reablement resources as part of the CHSP. Please refer to relevant program manuals and associated documentation (above) for further information.