

# Reablement and Wellness – Community of Practice – for the Commonwealth Home Support Programme (CHSP)



## Introduction

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 (refer Information sheet #2)
- A Podcast series – Joining the Dots (refer Information sheet #3)
- Reablement Community of Practice (Information sheet #4)

This information sheets introduces the **Reablement Community of Practice**.

## About the Community of Practice

The Community of Practice is an online forum which seeks to support you and your colleagues to share ideas, best practice, and practical examples to embed wellness and reablement into your everyday service delivery practices.

The Community of Practice operates as an internet discussion forum using a platform call Discourse. It can be accessed via a PC or mobile device.

The Community of Practice organises interaction and discussion into broad categories. These are:

- General discussion - view, post or contribute to general discussion about wellness and reablement
- Ask the community – view, post or comment on questions that you or others may have posted about wellness and reablement practice
- Training and Resources – view, access, and post local, national, and international resources
- Meet ups and events – view and post information about events
- Site feedback
- Site rules and user guides

Communities of Practice (CoP) is defined as an organised group of professional people who share the same interests in resolving an issue, improving skills, and learning from each other's experiences.

Within each of these categories' members can create, read, like and contribute to different topics. Since the launch of the site on 16 November 2020, more than 1.6k members have joined and contributed to discussion around good practice, operational processes, timeframes for reablement, managing client expectations and much more.

The site is moderated by 14 representatives from the CHSP Program (including the ESDT) whose role includes ensuring the Community of Practice is a respectful space where everyone is welcome and feels safe.

The Community of Practice is free to access.

## Who will benefit by joining the Community of Practice?

The Community of Practice is an appropriate forum for all staff working across the CHSP programme, including coordinators, team leaders, allied health professionals, support workers and RAS who are interested in networking with peers to build and share their understanding and approach to wellness and reablement.

## Using the Community of Practice to support learning & build knowledge

It is very common for us to engage with some type of online platform, whether it be Facebook, Instagram, Twitter, or something similar. For many, internet forums are an easy and convenient way to keep in touch with people and what's happening in their world more generally. Much like these groups, the Reablement Community of Practice is a great way to meet and interact with likeminded peers from CHSP funded programs across Australia. These platforms are always more interesting and valuable when people engage and actively post items of interest to other members so make the most of the peer interaction by:

- Being engaged – read and like the posts that interest you and don't be shy to post your thoughts, and ideas as part of a discussion thread
- Posting resources or articles that you come across which you think will contribute to a better understanding and approach to reablement practice
- Asking questions – no matter how big or small
- Sharing your case studies, whether they are written or in a video format. This will help to build a library of local resources

## Accessing the Community of Practice

To access the community of practice:

1. Visit <https://www.more-good-days.com.au/>
2. Select the 'Sign up' button and follow the prompts to create a username and password

To access the Community of Practice mobile app:

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 Discourse
3. Select Get to download the app on to your device
4. Sign in using your login and password



Discourse App

## 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](http://www.esdt.com.au)

## Eastern Sector Development Team (ESDT)

Lisa Dean  
Regional Advisor – Diversity and Wellness  
P: 0455 051 447  
E: [lisa.dean@each.com.au](mailto:lisa.dean@each.com.au)

Dale Park  
Regional Advisor – Diversity and Wellness  
P: 0477 747 887  
E: [dale.park@each.com.au](mailto:dale.park@each.com.au)

E: [esdt@each.com.au](mailto:esdt@each.com.au)

**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.

The ESDT is supported by the Australian Government Department of Health. Visit the Department of Health website (<http://www.health.gov.au/>) for more information. *Disclaimer: Although funding for the ESDT has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government*