

# The development of reablement programs

## Translation challenges

Chris Poulos

CDPC Annual Conference, Canberra, 2018

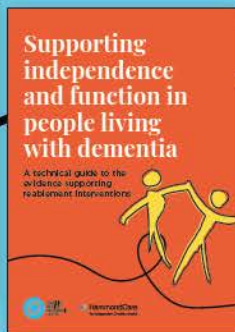
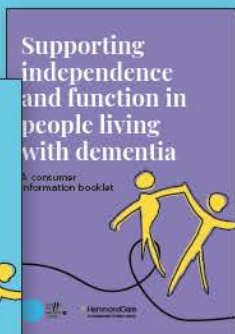
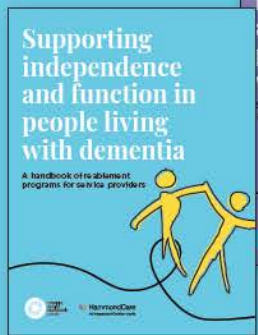
**HammondCare**  
Champion Life



# Outline

- 1. Why reablement programs**
- 2. What we did**
- 3. The challenges encountered**

# Supporting independence and function in people living with dementia



Available for free download from:  
[hammondcare.com.au/reablement](http://hammondcare.com.au/reablement)

2018 International Dementia Conference



**MISSION IMPOSSIBLE?**

**TRUTH & LIES IN THE AGE OF CHOICE**

7-8 June 2018 | Hilton Sydney Australia

# How do you choose “in the age of choice”?

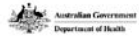
Dementia reablement guidelines to support function  
in people with mild to moderate dementia

**Claire O'Connor**

**M Gresham, RG Poulos, L Clemson, K McGilton, I Cameron,**

**W Hudson, H Radoslovich, J Jackman, CJ Poulos**

# Reablement, restorative care, wellness



## Commonwealth Home Support Programme

Program Manual 2018



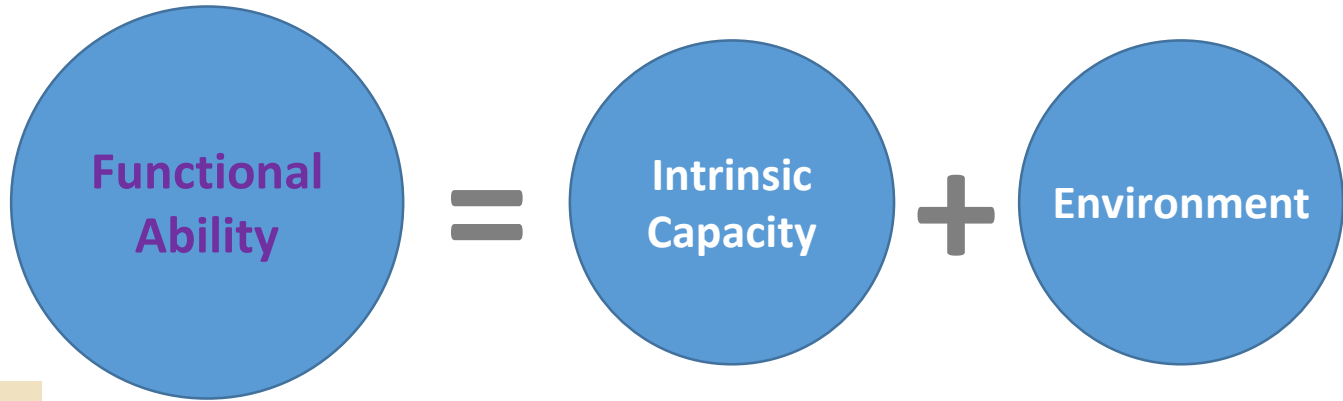
# Rehabilitation, Restorative Care and Reablement in Dementia – *What is there to offer?*

**Chris Poulos**

# Why reablement programs

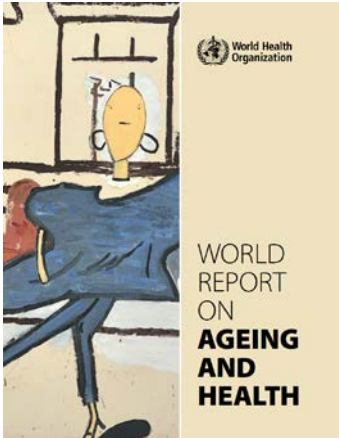


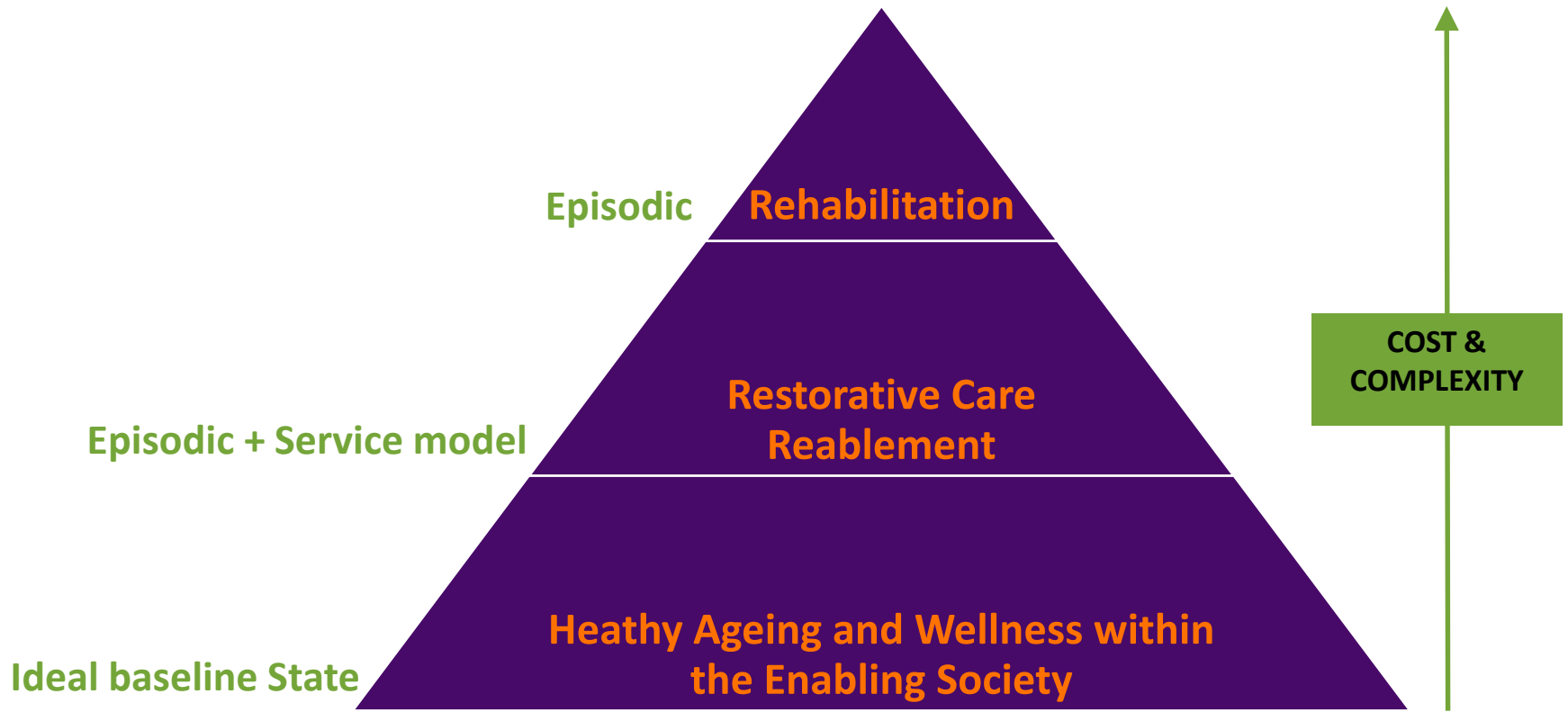




**Intrinsic capacity**  
is the composite  
of all the  
physical and  
mental capacities  
of an individual.

**Environment**  
all the extrinsic  
factors – assistive  
technologies,  
physical  
environment, social  
policy, formal &  
informal support  
etc.





# Where does reablement fit?

- 1. Part of the '3 R's' spectrum**
- 2. Focus on functional ability. Strategies to:**
  - ✓ **maintain**
  - ✓ **regain**
  - ✓ **adapt**
- 3. Time limited**
- 4. Reablement is also described as a service model approach**
- 5. Goal directed**
- 6. Multidisciplinary**

# What we did





COGNITIVE  
DECLINE  
PARTNERSHIP  
CENTRE

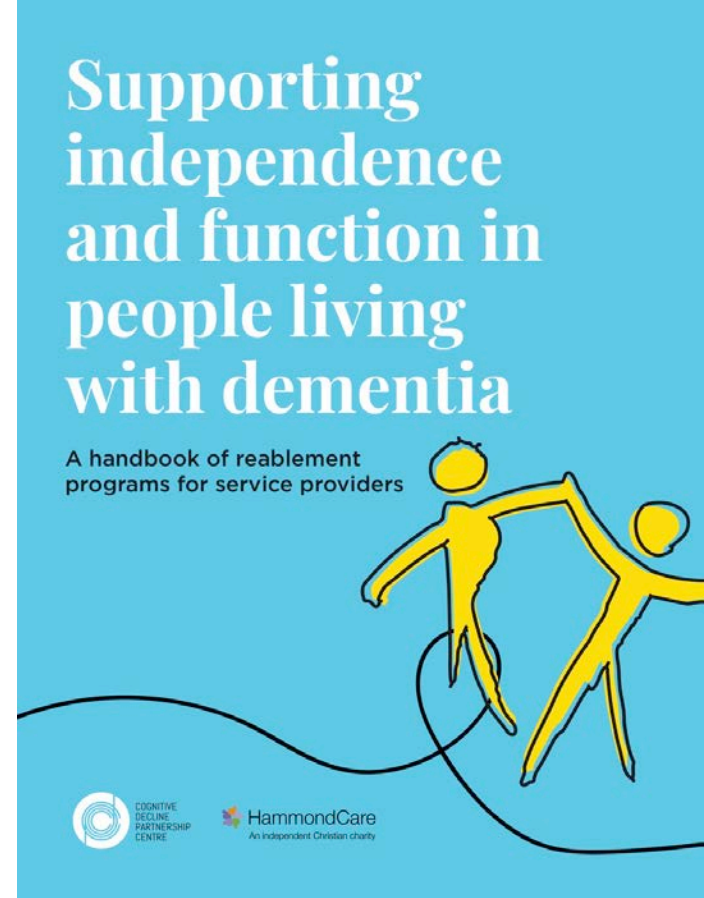
# 1. Starting point

Clinical Practice Guidelines  
and Principles of Care for  
People with Dementia

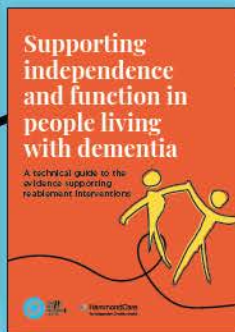
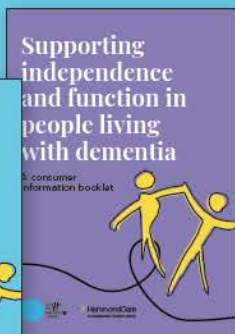
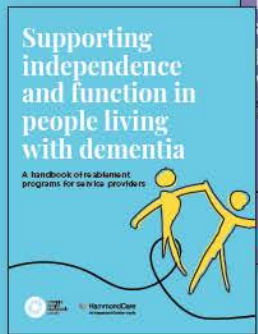
2. Further scoping literature review to update the evidence.
3. Focused on recommendations that related to improving, maintaining or delaying functional decline
4. Aimed to 'operationalise' the evidence.
5. Survey of the sector – understanding of 'reablement' and barriers and facilitators
6. Workshop of providers, consumers, policy makers, academics to inform the process
7. Three publications
8. (academic paper to follow)

# Handbook contents:

- **Everyday living activities:**
  1. Occupational therapy
  2. Exercise
  3. Cognitive program
- **Mobility and physical function:**
  4. Falls prevention
  5. Exercise
- **Cognition and communication:**
  6. Exercise
  7. Cognitive program
  8. Communication program



# Supporting independence and function in people living with dementia



Available for free download from:  
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# Translation challenges





# Translation challenges

- 1. Synthesis of a large number of research studies**
- 2. For any given intervention type, the following varied widely:**
  - study population,
  - setting,
  - intervention dose (session length, number and duration),
  - study quality, and
  - the number and qualifications of the interventionists.
- 3. Some interventions were poorly described**
- 4. Some used personnel levels not sustainable in practice**

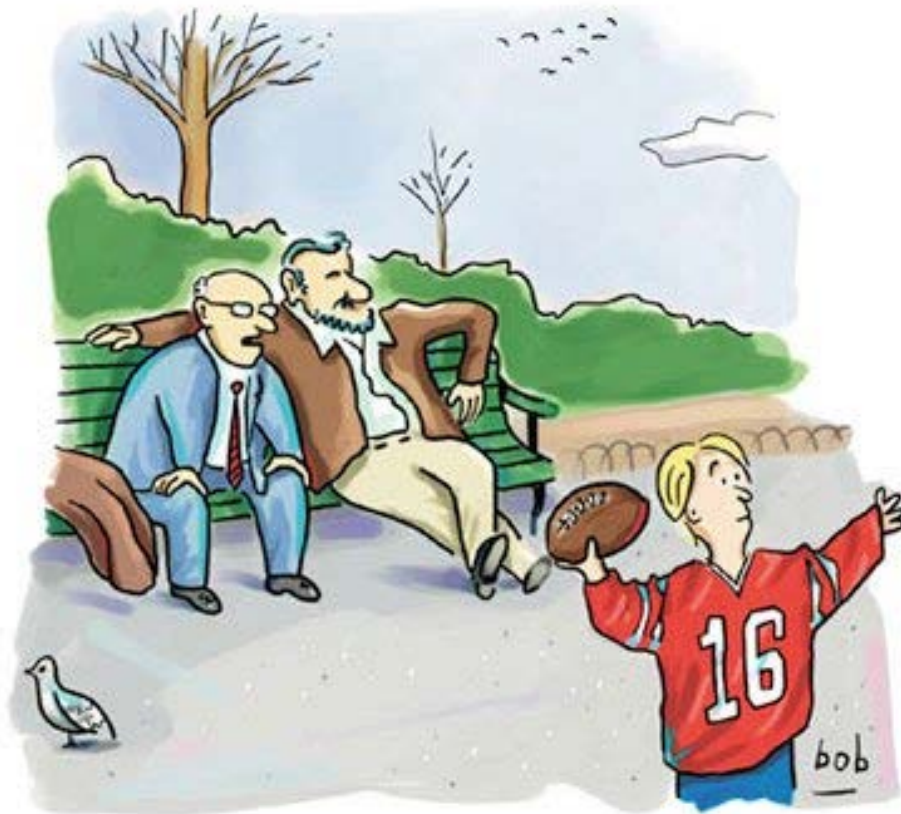
# Translation challenges

- 1. “Real” world is more complex than the research environment**
- 2. Need to balance affordability against ‘dose’**
- 3. Can we maintain treatment fidelity if substitute other staff, or if family or care workers assist in program delivery**
- 4. The reablement publications have had to be ‘evidence-informed’**
- 5. Still a need to evaluate these evidence-informed programs, once implemented.**

# Our response now

- 1. Need to make the best use of evidence now, because people want to know now.**
- 2. We (researchers and providers) have an obligation to help 'bridge the gap' in the translation.**
- 3. Researchers need to have a greater focus on research that is 'translatable' in the real world.**
- 4. Government needs to play its role in funding translation and supporting evaluation.**

# Translation challenges!



*“Then it struck me—nobody originally on the Paleo Diet lived past 35.”*

# Thank you to the project team

- **Claire O'Connor (HammondCare, NSW / University of New South Wales, NSW)**
- **Meredith Gresham (HammondCare, NSW)**
- **Ros Poulos (University of New South Wales, NSW)**
- **Chrissy Maurice (HammondCare, NSW)**
- **Lindy Clemson (University of Sydney, NSW)**
- **Kathy McGilton (University of Toronto, Canada)**
- **Ian Cameron (University of Sydney, NSW)**
- **Wendy Hudson (Brightwater, WA)**
- **Helen Radoslovich (Helping Hand Aged Care, SA)**
- **Joan Jackman (Alzheimer's Australia, NSW)**

And to our consumers!

