



Reablement is addressing the gap between what you are able to do today and what you are capable of doing.

### **Rediscovering Your Potential.**

It is about creating realistic and practical opportunities for you to gain confidence and get back to doing things for yourself.

**It's about doing things with you, not for you.**

### How does it work?

At any stage in life or at any age you can improve your ageing journey by;

- Learning new skills and ways to do daily activities.
- Maintaining and making new social connections.
- Staying in control of your own life decisions.
- Staying as physically and mentally active as possible. View movement as medicine.

### Why Reablement?

People who continue to do things for themselves tend to remain independent and **add more good days** to the latter part of their life, doing the things that matter most to them.

Reablement can assist you to return to doing daily activities such as getting dressed, preparing meals, doing your housework and getting out and about.

**It is never too late** to counteract future health challenges and build on your capacity to overcome them.

## Making every opportunity matter

Check out more information at: [keepable.com.au](https://www.keepable.com.au)

## What can I do?

- You are most likely to improve if you are motivated and positive about reablement.
- Encourage service providers to work with you and at every opportunity support you to do as much as possible for yourself.
- Explore with your Service Provider the different ways daily activities can be done.
- Ask yourself - What are the most important activities in my life right now?

“After a fall, I was struggling to go out and do my shopping, but after a month of working alongside my support worker I was back to feeling confident going shopping on my own within a month.



## What is involved?

- Reablement is a period of short term intensive support services.
- Daily activities are adapted to build your confidence and equipment may be provided to support you.

## What if my needs change?

- During the period of reablement your home support provider will work closely with you and monitor your changing needs.
- Once the reablement period has finished, if your needs change you can speak to your provider or contact **My Aged Care** on **1800 200 422**.

# Supporting you every step of the way

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