

# The reablement model – a pathway to reducing long-term care costs, improving wellbeing and professionalising care work

LTC Forum Session 12: Reablement in long-  
term care: lessons and innovation in a  
global perspective

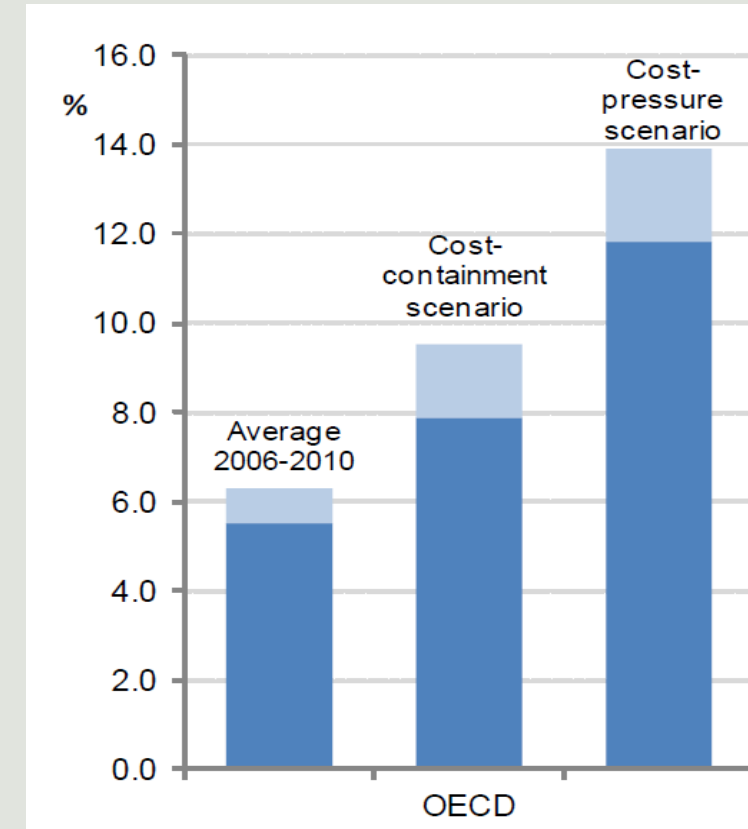
Tine Rostgaard, Professor, Roskilde  
Universitet, Denmark



# Drivers for innovative approaches to LTC

- **Ageing societies** with increase in no. of OPs with long-term conditions and need for health and social care
- **Ageing-in-place:** Many wish to remain in their own homes as they age
- Projections of increasing **age-related spending**
- **Demographic and cultural change:** Changes in household composition and preference for formal care. Preferences for person-centered care


Projected health and LTC expenditure, % GDP, 2060



Source: OECD (2013) Public Spending on Care: A New Set of Projections.



# What is reablement?



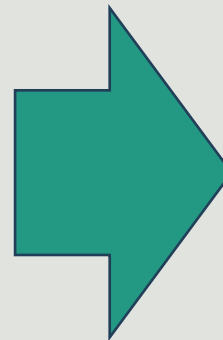
Reablement or restorative home support is a new approach to delivering home support for older people. It is a model of care focused on, where possible and appropriate, restoring an individual's capability after an illness or other health setback and therefore restoring their quality of life.

# Reablement: Main components

- Training in every day activities in a familiar setting
- Aim of maintaining or even gaining function
- Multi-modal intervention components: adapting existing routines, physical training, assistive devices, and adaption of home,
- Person-centered, '*what is important to you?*', and goal-oriented
- Short-term and intensive intervention (4-10 weeks) at home.
- Holistic focus: personal care, physical mobility, cleaning, cooking; sometimes also social activities.
- Inter-disciplinary and team-based approach, involving social care workers, occupational and/or physiotherapists, nurses, dieticians etc.

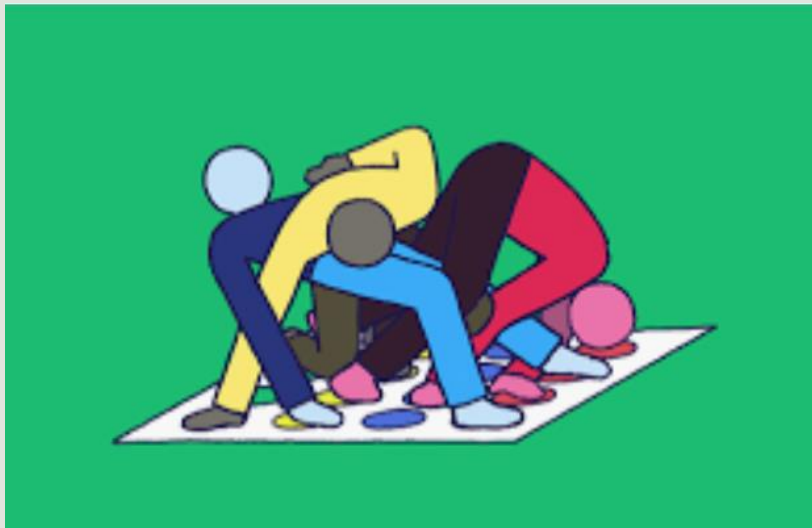


# From 'passive' to 'active' care: 'Doing for/to' 'Doing with'



# From mono- to inter-disciplinary interventions and collaboration

‘Doing together’



instead of

‘Doing along’





# Potentials of reablement

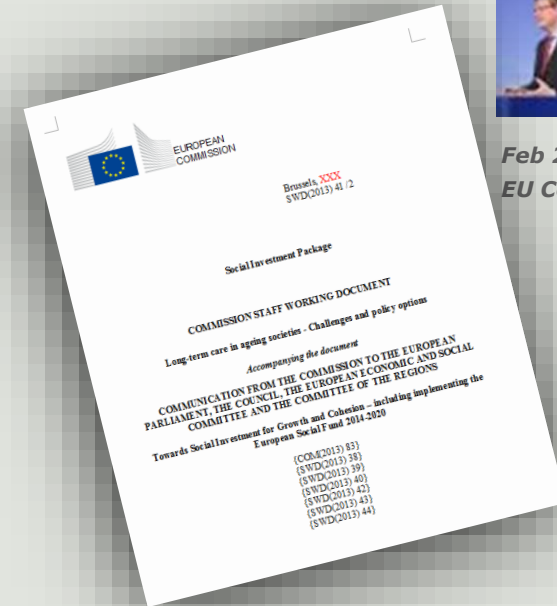
Reablement a **risk-minimisation strategy** that helps older individuals adapt to age-related changes and prevent certain dependencies.

A **policy tool** that offers national and local governments capacity for dynamically managing and addressing the societal risks associated with population ageing



# In accordance with current ageing paradigms and policy trends

- Active ageing discourse
- Part of EU Commission Social investment package 2013
- UNECE's 2012 Vienna Ministerial Declaration
  - - Requires UNECE member states to be *"committed to raising awareness about and enhancing the potential of older people for the benefit of our societies and to increasing their quality of life by enabling their personal fulfilment in later years, as well as their participation in social and economic development."*



Feb 2013: László Andor,  
EU Commissioner for  
Employment, Social  
Affairs and Social  
Inclusion



# Perspectives: Ageing societies and the need for responsive LTC systems

- **Sustainability**
  - Costs/investments, prevention, competences and resources
- **Fairness**
  - Affordability, gender balance, unburdening informal carers, avoiding care drain
- **Quality**
  - Professionalised, integrated and inter-disciplinary, user participation, empowerment and person-centered approach

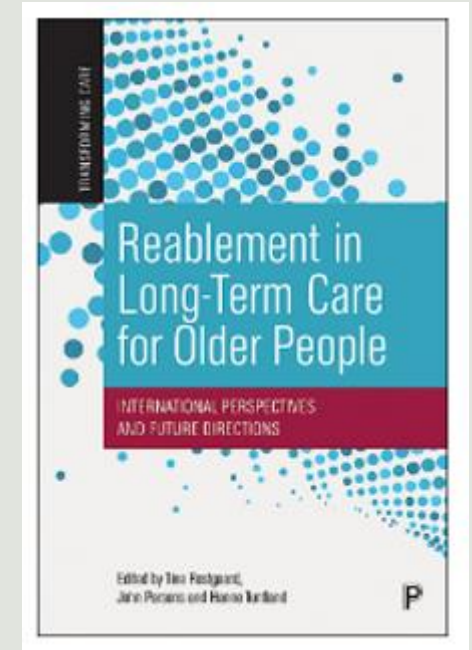


REABLEMENT

# Aim of the book

- Critically investigate and advance knowledge about reablement in an international context:
  - What is the idea behind reablement?
  - Which different models exist in different countries?
  - How do these models work?
  - And what are the overall consequences for users and their families, care providers, and societies overall?

The book presents empirical evidence on reablement and considers the theoretical implications of the practice





# https://reable.auckland.ac.nz/



## Reablement Restorative home support, a new approach.

Reablement or restorative home support is a new approach to delivering home support for older people. It is a model of care focused on, where possible and appropriate, restoring an individual's capability after an illness or other health setback and therefore restoring their quality of life.

Numerous countries, including Australia, Canada, Denmark, Ireland, Netherlands, New Zealand, Norway, Sweden, UK and US have been developing the approach for several years with some countries taking a very different interpretation. In 2018, a European research project was established to develop greater understanding on the area and brought together the above-mentioned countries to develop an international network of collaboration and development. The group representing academics and clinicians have met on seminars in Sweden, Norway and Denmark. Currently we meet on a regular basis on webinars.

In January 2023, the ReAble research network consists of 55 members from twelve countries (Australia, Belgium, Canada, Denmark, Finland, Ireland,

# Transforming Care Book Series

## Reablement in Long-Term Care for Older People

Edited by **Tine Rostgaard,**  
**John Parsons and Hanne Tuntland**

- *“Robust cross-country and interdisciplinary research shows how reablement can reduce long-term care costs, improve wellbeing and professionalise care work.”* *Caroline Glendinning, University of York*

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