



Western Norway  
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# The reablement model in Norway

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# Demographic information

- A population of 5.5 million inhabitants
- 2023 – 16.3% of the population is above 67 years old
- 2050 – 23.9% of the population will be above 67 years old
- More than half of all persons aged 80+ years receive home-based services



Reference: Statistics Norway, 2023, <https://www.ssb.no/statbank/table/13599>

# Welfare model



- › Social-democratic (Nordic) welfare model
- › Universal and affordable long-term care services
- › Public provider of home-based health services
- › Funding model is tax-financed with some user fees
- › Reablement is provided only on municipal level

Reference: Tuntland et al., 2023

# Reablement model features - 1

- Target group – most often older adults with functional decline.
- A person-centred and activity-based intervention: «What are important activities in your life now?»
- Instrument used for activity goal-setting and evaluation: Canadian Occupational Therapy Measure (COPM) or Patient-Specific Functional Scale (PSFS).
- Activity goals can be personal -and instrumental ADLs, but also physical, social and leisure activities.
- Based on these goals, a rehabilitation plan is developed.

References: Langeland et al., 2019; Tuntland et al, 2019.

# Reablement model features - 2

- The interprofessional team - a physiotherapist, an occupational therapist, a nurse and a nurse assistant.
- Staff training – emphasising on doing things *with* older adults rather than *for* them.
- Reablement is provided in the client`s home and local community.
- Intervention components: Training in daily activities inside and outside the home, physical exercises, home modifications and assistive technology.
- Intensity and duration of the intervention: Daily training for 4-8 weeks.

Reference: Langeland et al., 2019.

# Brief implementation history



Municipalities started implementing reablement in 2012, initially as a bottom-up initiative



The Norwegian Occupational Therapist Association played a key role in scaling up and spread of reablement nationally



The government has supported reablement in several white papers



The government has funded a nationwide effectiveness study on reablement

Reference: Parsons et al., 2023

# Evidence from Norway

Norway is the country with most reablement publications, of them many qualitative studies (Guadaña et al., accepted).

Results from effectiveness studies:

- A small RCT - found that reablement resulted in improved functioning in daily activities at nine months follow-up (Tuntland et al., 2015).
- A cost-effectiveness study following the same RCT found that reablement was more cost-effective than usual care (Kjerstad & Tuntland, 2016).
- A large nationwide CCT – found that reablement resulted in improved functioning in daily activities, physical functioning and health-related quality of life six months after start of reablement (Langeland et al., 2019).



# Current status in Norway

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- 2019: 3 out of 4 municipalities had implemented reablement (Rostad et al., 2020).
- 2021: Reablement is an operating phase (Tuntland & Ness, 2021).
- 2023: Still 75% of municipalities have implemented reablement. Reablement is widely implemented in the primary care sector (Bølstad, 2023).

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