



Reablement in long-term care: lessons and innovation in a global perspective - The reablement model in New Zealand

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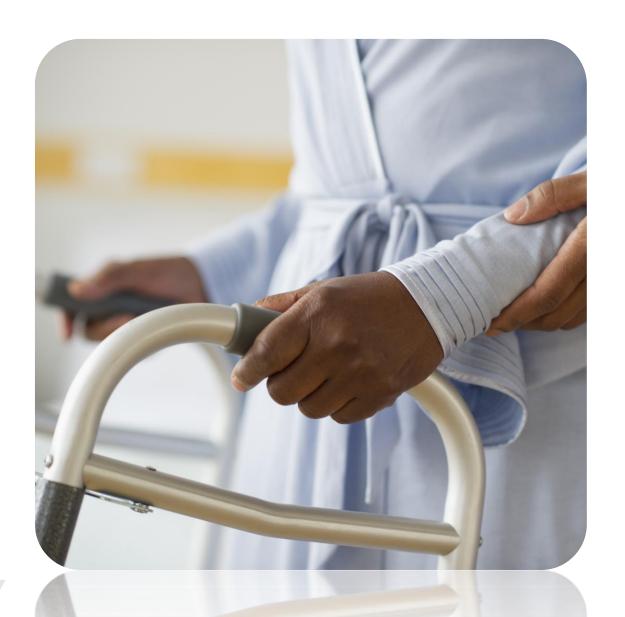
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Demographics of New Zealand

- NZ population 5,151,600¹
- 16.0 % of population over 65 years²
 - 5.6 % of those over 65 years identify as Māori³
 - 4.3 % of those over 65 years live in institutional care
 - Community dwelling³
 - 59.3 % 65-74 year olds
 - 31.0 % 75-84 year olds
 - 9.7 % of 85+ year olds
- 1.5 % of GDP allocated to home care provision²
- 8.5 % of those over 65 years receive home care⁵
- Decentralised service provision across 20 semi-autonomous regions (currently being re-modelled)



Welfare model⁶



- Liberal welfare model
- Universal and affordable longterm care services
- Contracting of private providers of home care by semi-autonomous regions
- Funding model is tax-financed with some user fees
- Seperate no-fault system for health care needs resulting from accidents
- Integrated health and social care

Reablement model in New Zealand⁷

- Target group 65 years (55+ if Māori)
- A mix of time limited (up to six weeks) and longer-term evolution of home care
- Nurse led with allied health input (physiotherapy and occupational therapy)
- An emphasis on reablement care worker support and training

Reablement model in New Zealand⁷

- Comprehensive geriatric assessment tool (interRAI Home Care) and goal facilitation tool
- Casemix funding derived from comprehensive geriatric assessment tool
- A strong focus on training
- Intervention components: Training in daily activities inside and outside the home, physical exercises to enhance strength, endurance and balance, home modifications
- Intensity and duration of the intervention: Daily training for 4-6 weeks.

Implementation history of reablement in New Zealand⁷

- Reorientation of home care services in response to government policy developed in the early 2000s
- Commenced as an evolution of home care
- Facilitated by regional portfolio leads in each semi-autonomous health region
- More recent developments have focused on shorter term support for early supported discharge and hospital avoidance
- Investment in effectiveness and resource use

Evidence for reablement in New Zealand

- Physical function
 - 1xRCT
- Quality of Life
 - 3xRCT
- Goal setting
 - 1xRCT
- Assessment
 - 1xRCT

- Case management
 - 2xRCT
- Reduction in hospitalization and institutionalization
 - 2xRCT
- Delayed entry to Residential care
 - 1xRCT
- Workforce
 - 1xRCT

Current status of reablement in New Zealand

- Well-established long-term home care aligned to principles of reablement
- Slow spread of shorter term reablement services focused on support for early supported discharge and hospital avoidance

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Evidence for reablement in New Zealand (Supplementary information)

Physical function

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Quality of Life

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Evidence for reablement in New Zealand (Supplementary information)

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Evidence for reablement in New Zealand (Supplementary information)

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