

Patient Matters Manual for Public Health Organisations

Chapter 16 – Aged Care Facilities (Nursing Homes)

Table of Content

| Chapter 16 – Aged Care Facilities (Nursing Homes) | PD / IB / GL Number | Amendment |
|--|--------------------------------|------------------|
| Wellness and Reablement in Aged Care | GL2021_002 | 335 (15/1/21) |

Note

Where a number appears at the bottom of an amended page [such as 252 (17/09/15) – amendment number, date] an alteration has been made or new section included. Amendment numbers are sequential, the date represents the date the source document was published on the Policy Distribution System (PDS).

Below is a summary of each policy document. To navigate to the complete policy document, click the hyperlink in the Table of Content or under each policy document title.

Patient Matters Manual for Public Health Organisations

Chapter 16 – Aged Care Facilities (Nursing Homes)

Wellness and Reablement in Aged Care

Document number [GL2021_002](#).

GUIDELINE SUMMARY

This Guideline outlines what wellness and reablement is, the contractual requirements, and roles and responsibilities of NSW Health organisations for implementing a wellness and reablement approach.

Wellness and reablement ensures older people in NSW live as active, purposeful, healthy, and independent lives as they can and, where possible, remain living in their own homes.

NSW Health is contracted by the Commonwealth Department of Health to provide a range of assessment and support services for older people wishing to live independently at home. NSW Health is contractually obliged to provide these services with a consistent wellness and reablement approach.

KEY PRINCIPLES

Wellness and reablement practice with older people within NSW Health is based on the following set of principles:

- supporting older people living at home to live as independently as possible for as long as possible.
- treating each older person as a unique individual with their own strengths, abilities, life experiences, preferences, choices, and needs.
- assessing an older person in a holistic, strength-based way, promoting wellness, considering dignity of risk and encouraging active participation in the development of appropriate support plans.
- ensuring an older person's aspirations and needs are best met when assessment, support planning, and service provision is a partnership between the older person, their informal support network, the assessor and service providers.

NSW Health is in a unique position to maximise use of wellness and reablement programs in and across the aged services it delivers. NSW Health embraces the wellness and reablement approach and ensures that assessments by Regional Assessment Services (RAS) and Aged Care Assessment Services (ACAT) and service provision from the Transitional Aged Care Program (TACP) and the Commonwealth Home Support Programme (CHSP) funded services are aligned.

Contracted Aged Care Services are provided throughout NSW Health (Local Health Districts and Specialty Health Networks). ACAT and RAS assess eligibility for aged care services, while the Transitional Aged Care Program and Commonwealth Home Support Programme provide care and support in the community. All aged care services provided by NSW Health are required to ensure wellness and reablement practices are implemented as a core part of the aged care services we deliver.

335 (15/1/21)