

## Meals on Wheels Conference 2020

### Moving from the concepts of Wellness and Reablement to everyday language - Workshop

One key challenge that has been identified by CHSP providers is how to explain Wellness and Reablement concepts to their clients and carers. 'Reablement isn't a real word' is often a stumbling block, as is the way to talk about Wellness which is more than about someone's health or physical abilities.

At the workshop participants were asked to write down how they would use what they knew about what Wellness or Reablement is to create a statement for clients or carers and this is what they came up with.

#### Wellness

- Supporting choice and independence through social connection and nutrition.
- Wellness is happiness, out of wellness comes: mobility, health, interests, active mind, relationships, good nutrition, able to make choices.
- Enabling a client to maintain independence.
- Holistic contentment
- Wellness is services supporting clients to be the best they can be
- Promoting independence and a sense of purpose

#### Reablement

- Providing client centric opportunities to develop/maintain skills, reach potential and maintain independence.
- Doing it with them not for them
- So you can do it again
- Living your best life: reablement; enabling; able; busy; longevity; enjoyment; movement; energy; nutrition; terrific