

Volunteering in the CHSP

Module 5 Short-term Reablement and the CHSP

What is reablement?

Most CHSP clients stay with the program for three years or more. Some, however, only need support for a short period of time until they are able to do things for themselves. How long

this period is depends on the situation but up to three months is a good guide. In the CHSP, this type of support is called 'reablement'.

Reablement is a made-up word. You won't find it in a dictionary so we don't tend to use the word with clients. We use words like time-limited or short-term support.

When is reablement recommended?

Regional Assessment Service (RAS) assessors recommend short-term reablement for about one in ten CHSP clients. This may be because the older person:

- is recovering from an illness, injury or operation and just needs support services until they have recovered
- wants to get physically stronger so they can do more
- wants to simplify an everyday task to make it more 'do-able'
- wants to learn how to use a new piece of equipment or technology.

What happens when a client agrees to short-term support?

When a client agrees to short-term support, the assessor and client discuss what the client hopes to achieve by the end of the reablement period. This

is called a goal. Once the goal is agreed, they develop a support plan about how to get to the goal within the available time. Throughout the reablement period, the

assessor or the CHSP service check with the client on their progress towards their goal. Once the goal is achieved, most clients no longer need CHSP support.

What are some examples of reablement in the CHSP?

- Providing transport until the person can drive again
- Showing how to use public transport
- Doing a simple repair like replacing a tap washer
- Teaching how to use a mobile phone, computer or tablet
- Teaching how to shop on-line
- Raising garden beds and mulching gardens
- Simplifying a task like vacuuming or learning how to prepare easy, nutritious meals
- Supervising gentle exercises
- Showing a new resident around the local area

