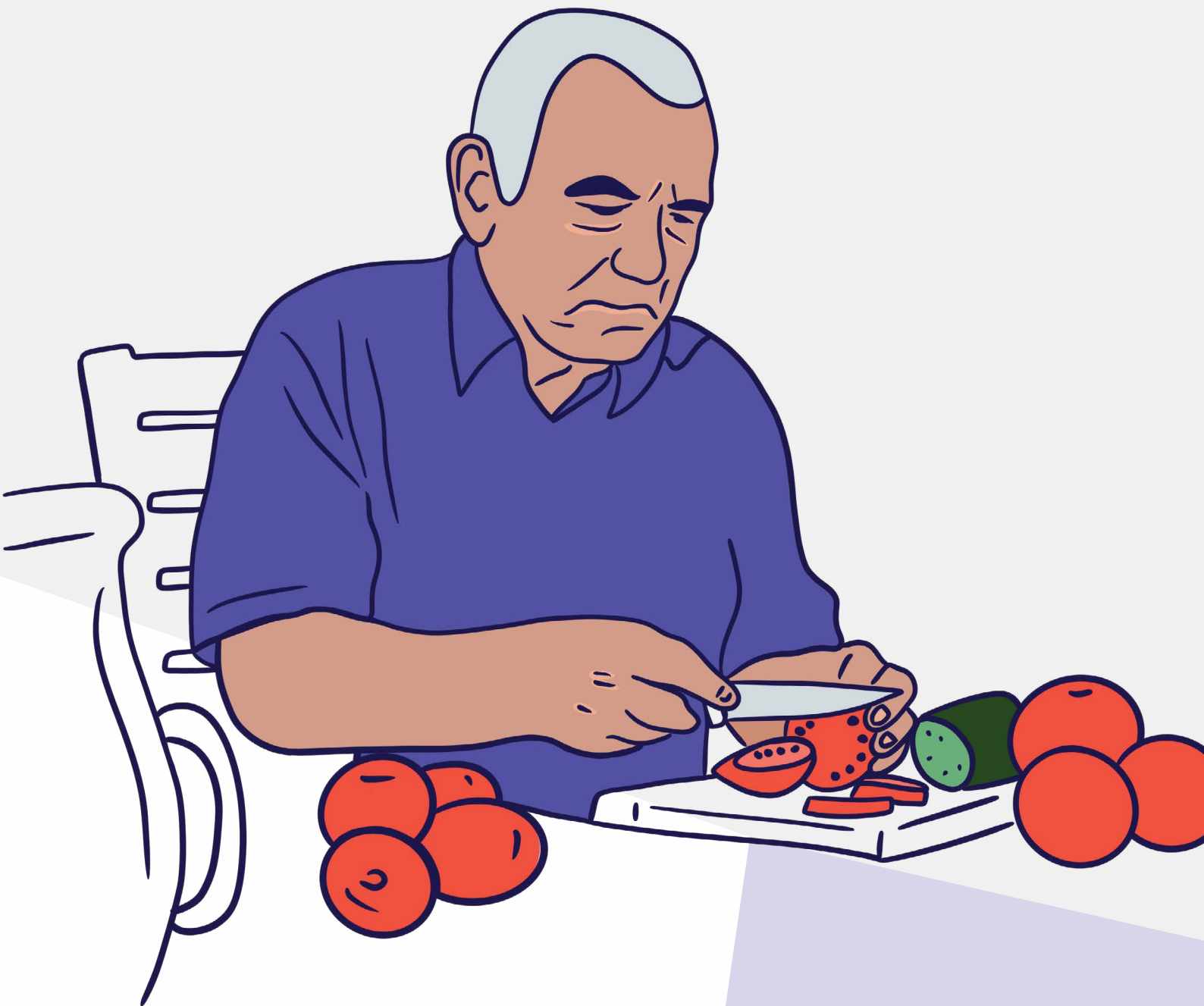


Keeping *active* around your home Toolkit

Facilitator Notes



SMR Alliance

Working together to maximise the wellbeing
of older people and people with a disability

Introduction

Supporting clients to keep active around their home and garden is an important part of embedding wellness and reablement approaches in your service.

This toolkit aims to help your staff support older people of all abilities to get more physical activity in their day by doing household tasks.

It builds upon wellness and reablement training your staff have already received.

The kit includes:

- A client brochure (English, Traditional Chinese, Vietnamese, Italian, Greek and Arabic versions)
- A planner template for clients
- A guide for staff with information that supports them when they're having conversations with their client about the benefits of keeping active in the home
- A tip sheet with tips staff can share with their clients about easier, efficient or more active ways to do household tasks.

HOW TO USE THIS TOOLKIT WITH YOUR STAFF

Co-ordinators and team leaders can introduce the toolkit to support workers and other staff at a team meeting, supervision session or specific training day.

Clients will benefit most if the concepts in the toolkit are introduced at service set up and continue throughout the service as long term, ongoing conversations with the staff members they have contact with.

The **client brochure** can be used by staff as a conversation starter with their clients. **The planner** is a helpful way to motivate clients to plan their activities. It can be used by support workers as a way to gently follow up and build upon previous conversations about keeping active in the home and garden.

The **staff guide** aims to give staff motivation and information to support them to have these conversations.

The **staff tip sheet** has tips staff can share with clients about how to make household activities easier and more efficient. If the client wants to get more of the benefits of physical activity there are also ideas about how to make some household tasks more active.

Staff will benefit from their supervisors leading them through the resources and giving them the opportunity to ask questions. You could also give them the opportunity to discuss concerns they may have about encouraging older people to be more active.

POSSIBLE SCENARIOS

Case studies, reflective activities or role playing are all good ways to explore how to use the toolkit.

Here's some scenarios you could use.

The support worker gives the client the *Keeping active around your home* brochure. Next visit they follow up:

- The client has read the brochure. They're open to being more active in their home and have ideas about how to approach their household tasks.
- The client has read the brochure. They don't have experience with household tasks and don't know where to start but are receptive to learning.
- The client hasn't read the brochure. They're not interested in being more active in their home.
- The client had a brief look at the brochure. They're not confident about doing household tasks because they believe they are too frail.

HAVE REGULAR CHECK-INS

As your staff start using the toolkit, it's a good idea to regularly check in with them to see how they're going. Behaviour change is a slow process for older people, as it is for anyone, and your staff will benefit from your ongoing support.



Contact

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