



# An environmental scan summary: **Australian rehabilitation, reablement, and restorative care resources**

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## Key Points

- An interactive desktop environmental scan was undertaken to identify Australian rehabilitation, reablement, and restorative care resources of potential use to people working in the aged care sector.
- The environmental scan identified a total of 67 rehabilitation, reablement and restorative care resources that are potentially relevant to the Australian aged care sector (home and residential or long-term care).
- Resources varied in their focus; the majority were on reablement (n=38), followed by rehabilitation (n=10), rehabilitation, reablement and restorative care (n=9), reablement and restorative (n=5) and restorative care (n=5).
- Resources identified for the rehabilitation, reablement and restorative care targeted varying types of audience such as service providers, allied health professionals, policy makers, families and more.
- The most common topics covered in the resources were: guides to rehabilitation, reablement or restorative care, discussion of the services and the outcomes of care.

## Background

The aim of this environmental scan was to undertake a limited desktop review to identify existing tools and resources on rehabilitation, reablement, and restorative care for people working in the aged care sector. This report presents the methods and findings of a preliminary scan completed by the Knowledge and Implementation Hub team.

## Methods

The environmental scan followed a structured method for identified resources. This included a defined search strategy and eligibility checking against inclusion criteria.

## Search strategy

The scan adopted a two-pronged approach to identifying relevant resources.

### Google Advanced searches

Structured searches for Australian aged care resources with a focus on rehabilitation, reablement, and restorative care were conducted between March and July 2022 using the Advanced Search version of Google (Chrome browser in incognito mode to avoid previous search history impacting results). Searches for aged care educational resources were run to identify webpages, websites, PDFs and other resources originating from Australia, including each of its states and territories.

The search was structured as follows:

- The search terms aged care resources were entered in an advanced google search combined with three separate search terms: rehabilitation, reablement, and restorative care
  - Australia was selected from the Region drop-down menu
- For each search run in Google Advanced, we aimed to retrieve and review the first 50 relevant resources.

### Scanning rehabilitation, reablement, and restorative care organisation websites

A list of key rehabilitation organisations and grey literature sources was compiled for more targeted searching. Organisations were identified during the scan process or were already known to the researcher group. They included:

- My Aged Care: [www.myagedcare.gov.au](http://www.myagedcare.gov.au)
- COTA: [www.cota.org.au](http://www.cota.org.au)
- Australian Association of Gerontology: Grey Literature Library: [www.aag.asn.au/education/aag-grey-literature-library](http://www.aag.asn.au/education/aag-grey-literature-library)
- Australian Ageing Agenda: [www.australianageingagenda.com.au](http://www.australianageingagenda.com.au)
- Opal healthCare: [www.opalhealthcare.com.au](http://www.opalhealthcare.com.au)
- Australian Commission Safety and Health Care Quality (ACSHCQ): [www.safetyandquality.gov.au](http://www.safetyandquality.gov.au)
- Aged Care Quality and Safety Commission: [www.agedcarequality.gov.au](http://www.agedcarequality.gov.au)
- Department of Health and Aged Care: [www.health.gov.au](http://www.health.gov.au)
- Older Persons Advocacy Network: <https://opan.org.au>

Databases included:

- PEDro: The physiotherapy database: <https://pedro.org.au>
- OTseeker: [www.otseeker.com](http://www.otseeker.com)

## Eligibility criteria

Resources were considered for inclusion if they:

- Were available online or could be ordered online (e.g., kit), providing the resource was free of charge.
- Provided training or educational information on rehabilitation, reablement, and restorative care for aged care workers, either in the community or residential aged care setting.
- Meet criteria for website quality including authority (government sites) and currency.

## Data extraction

The following data fields were captured for included resources:

- Resource name
- URL
- Year published
- Audience
- Resource type
- Provider of care/service/support
- Description of resource(s)
- Funding source

## Results

Searches returned 67 resources on rehabilitation, reablement and restorative care for older people in aged care settings (home and residential or long-term care). The majority were on reablement (n=38), followed by rehabilitation (n=10), rehabilitation, reablement and restorative care (n=9), reablement and restorative (n=5) and restorative care (n=5).

## Target audience

It was found from mapping the resources by target audience that there are multiple populations to consider when providing information about rehabilitation, reablement and restorative care. The following populations were identified within the Australian context.

- Older person

- Family of older person
- Aged care workers
- Allied health professionals
- Manager
- Service providers
- Health professionals (e.g., doctors, allied health professionals)
- Policy makers

## Types of resources found

Different types of resources were identified: articles, reports, guidelines, fact sheets, videos, toolkits, handbooks and websites. Most resources were intended for more than one audience (e.g., service providers, families, and aged care workers). Some resources focused specifically on rehabilitation alone or reablement alone or restorative care alone, whilst some covered all three aspects with no clear distinction between the three. The most common topics covered by the resources were: guides to rehabilitation, reablement or restorative care, discussion of the services and the outcomes of care.

## Ongoing research projects

Several projects in rehabilitation, reablement or restorative care are currently underway. These projects are led by experts in the area and based in several universities including Monash University, University of Sydney, Flinders University, University of New South Wales.

## Conclusion

A variety of resources on rehabilitation, reablement or restorative care were identified. Some of the resources used the terms reablement and restorative interchangeably demonstrating an overlap in approach. This could be due to the variable definitions found throughout the resources or more likely due to the current funding model for aged care which is focused on 'dependency' and 'deficit' which presents a significant barrier to the provision of rehabilitative resources.

This summary report describes the initial process used to identify resources capable of informing, training, educating, or generally supporting the aged care sector in its work. This is the first part of an ongoing process to build the resources of the Knowledge Hub. We will repeat the scan process on a scheduled basis to ensure new resources are identified and included so that Hub content remains relevant to the sector's needs.

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ARIIA was established as an independent, not-for-profit organisation, set up to lead the advancement of the aged care workforce capability by promoting and facilitating innovation and research to improve the quality of aged care for all Australians.

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