

5 Reablement tips for allied health practitioners in aged care



Encourage independence

Encourage older people to carry out their activities of daily living as independently as possible to maintain their physical function.



Get chatty

Assist older adults to engage in social activities to maintain their social connection with others and prevent feelings of loneliness and social isolation.



Use brain power

Engage older adults in intellectual thinking and problem-solving activities that will help them to maintain their cognitive functions.



Assess needs

Regularly review your older clients to identify appropriate strategies and allied health interventions that can support their needs and improve their quality of life.



Educate

Discuss the opportunities for functional independence and participation in meaningful lifestyle activities to support ageing with dignity.

Visit the **ARIIA Knowledge and Implementation Hub** for more helpful tips on how you can improve the aged care sector.