From Post-Diagnostic Support Model to Developing A Personalised Reablement Plan

William (Bill) Yeates

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Member, Dementia Australia Advocates’ Program
Introduction

• Devastating impact of diagnosis

• Allowed a darkness to surround me

• Trip to Japan – Decided that life is worth fighting for

• Designed a way forward that would slow down the progression of this disease and lead away from this darkness

• This consisted of:
  
  o Involvement in a clinical trial
  
  o A new way of life – Tree of Awakening Your Positivity

Where I thought my life had ended when I received my diagnosis, I realised that I needed to face my challenges and create a new life that I value.
My Reablement Process

1. Tree of Awakening
   - Your Positivity

2. Post Diagnostic Support Model

3. Reablement Plan

Step 1

Step 2

Step 3

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Step 1 - Tree of Awakening Your Positivity

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www.awakeningyourpositivity.com
Step 2 - Post – Diagnostic Support Model

Creating A New Beginning

Personal Care and Support

Mental Health and Well-being

Post-Diagnostic Support Model

Redefining yourself

Managing Your Diagnosis

Support Services

Allied Health

Medical Health Team

Family and Friends

Cognitive Disability

Social Engagement

Non-Pharmacological Interventions

Use of Technology

Lifestyle Changes

Living Environment

Planning for the Future

Neuro-Cognitive Training Program

Community Perspective

Being an Advocate

Step 2 - Post-Diagnostic Support Model

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Non-Pharmacological Interventions

Use of Technology

Social Engagement

Cognitive Disability

Non-Pharmacological Interventions

Pillar: Mental Health and Wellbeing

Additional Leaves

Art/drawing
Learn new skills
Attend sporting events
Aromatherapy

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Pillar: Living a Better Life

- Daily Routine
- Neuro-Cognitive Exercise
- Take Time Out
- Self-Reflection
- Gut health
- Gym program
- Master’s swimming
- Master’s surf lifesaving

Planning for the Future
Living Environment
Lifestyle Changes
Neuro-Cognitive Training Program

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Pillar: Creating a New Beginning

Additional Leaves
Medical checkups
Enjoy the moment
Volunteer lifesaver
Clinical trial
Pillar: Personal Care and Support

Additional Leaves
- Dementia Australia
- Dementia Alliance International
- Acute Injuries
- Warringah Master’s
- South Curl Curl Surf Lifesaving Club

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Step 3 - What is a reablement plan?

Reablement involves time-limited interventions that are targeted toward a person’s specific goal or desired outcome to adapt to some functional loss or regain confidence and capacity to resume activities.

Commonwealth Home Support Program

The aim of this approach is to:

• Maintain function as long as possible
• Regain lost function when there is a potential to do so
• Adapt to lost function that cannot be regained

Poulos, Christopher J et. al (2017)

This kind of approach is used to optimise everyday functioning, reduce functional disability and support independence.

Poulos, Christopher J et. al (2017)
Components of a Typical Reablement Plan

- Current Situation
- Goals
- Core Actions (Strategies)
- Responsibility
- Time Frame

OUTCOME
Goal Setting

Where I am now (Current Situation)

What I want to achieve (Outcome)

- Your goal should be challenging so it keeps you focused within the time frame set
- Your goal should be relevant to your lifestyle and what you want to achieve
- Your goal should be attainable within the time frame set
- Your goal should be easily measurable
- Your goal should have enough detail and be clearly defined

Your goal should have enough detail and be clearly defined
Your goal should be easily measurable
Your goal should be attainable within the time frame set
Your goal should be relevant to your lifestyle and what you want to achieve
Your goal should be challenging so it keeps you focused within the time frame set
Goals: Mental Health and Wellbeing

- I want to learn how to use digital and assistive technology to help me in all aspects of the life that I want to lead on a daily basis.

- I want to be able to balance my training commitment and personal life so that I can enjoy a life that I value.

- I want to improve my time management skills so that I can exert greater control over which activities and events I want to participate in.

- I want to spend at least two hours on brain-related stimulation activities.

- I want to become a person who is willing to be socially engaged and connected to the wider community.
Goals: Living a Better Life

• I want to be responsible for the maintenance of my home property, both inside and outside.

• I want to remain well-informed about what is happening in the world around me.

• I want to remain fit and healthy during the 2022 Christmas festive season.

• I want to sleep at least seven hours per night.

• I want to work with my exercise physiologists to design a Neuro-Cognitive Training Program (NCTP) which will help me to compete in Master’s Swimming and Surf Lifesaving.
• I want to return as a volunteer lifesaver at South Curl Curl Surf Lifesaving Club by the end of 2020.

• I want to start competing in Master’s Swimming events (Freestyle, Backstroke, and Butterfly) at a national level by the end of 2022.

• I want to be able to learn how to paddle a racing mal so that I can compete in the board race at Master’s Surf Lifesaving Championships.

• I want to learn how to compete in the four individual events that are included in the Master’s Pool Rescue Championships.

• I want to gain a better understanding of how to manage my diagnosis on a daily basis.
Pillar: Personal Care and Support

- I want to ensure that I always take my medications each day at 8am.
- Having fallen over and injured my rotator cuff, I want to access a physiotherapist who will treat my injury so that I can return to Master’s Swimming.
- I want to create an early morning routine, where, in the company of my care support worker, I can walk my dog for 1.5 hours.
- When an acute injury occurs, I want to be able to access allied health services to minimise any effect on my training program.
- I want to be able to access support services like Dementia Australia and Dementia Alliance International on a regular basis.

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# Example of Reablement Plan

1. Reflect on your current situation and what you would like to achieve
2. Create a SMART goal based on what you would like to achieve
3. Devise your core actions, delegate responsibility, and elect a time frame

<table>
<thead>
<tr>
<th><strong>Current Situation</strong></th>
<th><strong>Goal:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>I want to program my training commitments so that they don’t prevent me from spending quality time with my family and friends, relaxing and enjoying leisure pursuits. I will have achieved this goal if I am always flexible so that my training sessions don’t take priority over remaining socially engaged and connected to my family and friends.</td>
<td>I want to be able to balance my training commitments and my personal life so that I can enjoy a life that I value each day</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1. Core Actions</th>
<th>2. Responsibility</th>
<th>3. Time Frame</th>
</tr>
</thead>
</table>
**Core Actions**

To establish a baseline to work from, I need to decide at the start of each year what local, state, national and international championships in masters swimming and surf lifesaving that I want to compete in.

The dates and location of each of these championships need to be determined and then placed on my yearly calendar.

Based on the type of championship that I will be participating in I can then decide on the frequency and type of training that I need to focus on in the lead-up time (usually 6 – 8 weeks) to actually competing.

This will then allow me to move around my training times so that I can still have a personal life.

<table>
<thead>
<tr>
<th>RESPONSIBILITY</th>
<th>TIME FRAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Myself</td>
<td>Yearly</td>
</tr>
<tr>
<td>Myself</td>
<td>Yearly</td>
</tr>
<tr>
<td>Myself</td>
<td>Weekly</td>
</tr>
<tr>
<td>Myself</td>
<td>Weekly</td>
</tr>
</tbody>
</table>

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### Goal 2

I want to work with my exercise physiologists to design a Neurocognitive training program which will help me to compete in masters swimming and surf lifesaving.

<table>
<thead>
<tr>
<th>Goal 2 Core Actions</th>
<th>Responsibility</th>
<th>Time Frame</th>
</tr>
</thead>
<tbody>
<tr>
<td>An assessment of my abilities so as to ensure it is safe for me to participate in this neurocognitive training program</td>
<td>General Practitioner</td>
<td></td>
</tr>
<tr>
<td>Meeting with my exercise physiologist to explain why I need to concentrate on improving my balance, coordination and reflex actions.</td>
<td>Luke Stait Matt Donovan</td>
<td></td>
</tr>
<tr>
<td>Creation of a NCTP that consists of individually tailored exercises that focus on improving my balance, coordination and reflex actions. These include: • <strong>Balance</strong> – one or two leg exercises • <strong>Coordination</strong> – tossing/catching/bouncing a range of objects • <strong>Reflex actions</strong> – turn and catch a range of objects • <strong>Executive function</strong> – throwing/catching a ball while balancing on one leg, stepping over obstacles while balancing objects</td>
<td>Exercise Physiologist</td>
<td>2 x 1 hour weekly sessions for 20 months</td>
</tr>
<tr>
<td>Warm up and cool down protocol for each session</td>
<td>Exercise Physiologist</td>
<td>Each session</td>
</tr>
<tr>
<td>Goal 2</td>
<td>Core Actions</td>
<td>Responsibility</td>
</tr>
<tr>
<td>--------</td>
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<td>----------------</td>
</tr>
<tr>
<td>I want to work with my exercise physiologists to design a Neurocognitive training program which will help me to compete in masters swimming and surf lifesaving.</td>
<td>Progressively challenging levels of exercises as my ability improves that includes: • Increased difficulty – weight, complexity • Increased time • Increased repetitions</td>
<td>Exercise Physiologist</td>
</tr>
<tr>
<td>Booking an appropriate time and day each week that is conducive to promoting my attendance at each appointment on a regular basis</td>
<td>Myself</td>
<td>Weekly</td>
</tr>
<tr>
<td>Use of measures that monitor my performance and the provision of regular feedback during each session</td>
<td>Exercise Physiologist</td>
<td>Each session</td>
</tr>
<tr>
<td>Regular practice of exercises at home</td>
<td>Myself</td>
<td>Weekly</td>
</tr>
<tr>
<td>Goal 3</td>
<td>Core Actions</td>
<td>Responsibility</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td>--------------------</td>
</tr>
<tr>
<td>I want to start competing in masters swimming events (freestyle, backstroke and butterfly) at a national level by the end of 2022</td>
<td>An assessment of my abilities so as to ensure it is safe for me to participate in masters swimming</td>
<td>General Practitioner</td>
</tr>
<tr>
<td></td>
<td>Joining a local masters swimming club</td>
<td>Warringah Master’s</td>
</tr>
<tr>
<td></td>
<td>Regular attendance at organised club training sessions (Wednesday night and Sunday morning)</td>
<td>Volunteer Coaches</td>
</tr>
<tr>
<td></td>
<td>Regular attendance at squad training that is run by Warringah Swimming centre (Tuesday and Thursday morning at 9 am)</td>
<td>Professional Coaches</td>
</tr>
</tbody>
</table>
|                                                                        | Personal training that consists of a multi-component program  
- 5 minute warm up  
- 10 min drill  
- 15 min technique  
- 10 min aerobic (25 & 50 m sprints)  
- 15 min (endurance (3 x 100 m & 2 x 200 m)  
- 5 min warm down                                                        | Care Support Worker | Twice a week|
<table>
<thead>
<tr>
<th>Goal 3</th>
<th>Core Actions</th>
<th>Responsibility</th>
<th>Time Frame</th>
</tr>
</thead>
<tbody>
<tr>
<td>I want to start competing in masters swimming events (freestyle, backstroke and butterfly) at a national level by the end of 2022</td>
<td>Participation in Neuro-Cognitive Training Program (NCTP) to overcome issues with balance, coordination and reflex actions</td>
<td>Exercise Physiologist</td>
<td>Twice a week</td>
</tr>
<tr>
<td></td>
<td>Registration and participation in local, state and national championships</td>
<td>Myself</td>
<td>Yearly</td>
</tr>
<tr>
<td></td>
<td>Access to Allied Health services to avoid and treat injuries as they arise</td>
<td>Massage Therapy Physiotherapist</td>
<td>Weekly</td>
</tr>
</tbody>
</table>
**Goal 4**

Having fallen over and injured my rotor cuff, I want to access a physiotherapist who will treat my injury so that I can return to masters swimming after three months.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Right Supraspinatus Strain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Objective</td>
<td>Competitive masters swimming and lifesaving athlete. Diagnosis of Early Onset Alzheimer’s disease. Had fall when getting dressed, stumbled on pants and landed directly on right shoulder. Pain referring down arm.</td>
</tr>
</tbody>
</table>

**Subjective**

- **Shoulder ROM:** Abduction restricted to 90 degrees (R) compared to 180 (L). Pain 7/10 (VAS)
- **Strength:** 9 km force (R) in abduction compared to 18 kg (L) using handheld dynamometer

**Goals of treatment plan**

- Regain pain free shoulder range of motion to 180 degrees in abduction (6 weeks).
- Regain shoulder strength to equal left 18kg (12 weeks)
- Get back to swimming pain free competitively

**Treatment Plan**

**Phase 1:** Range of Motion, pain reduction and strength

1-2 sessions per week, 6 weeks

- Active assist and active range of motion exercises in flexion, abduction, and external rotation
- Isometric exercises for rotator cuff, deltoids, and global shoulder muscles.
- Soft tissue manipulations and joint mobilisations
- Taping for pain management and offloading.

<table>
<thead>
<tr>
<th>Responsibility</th>
<th>Time Frame</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physiotherapist</td>
<td>12 weeks</td>
</tr>
<tr>
<td>Physiotherapist</td>
<td>6 weeks</td>
</tr>
<tr>
<td>Goal 4</td>
<td>Core Actions</td>
</tr>
<tr>
<td>-------</td>
<td>--------------</td>
</tr>
<tr>
<td>Having fallen over and injured my rotor cuff, I want to access a physiotherapist who will treat my injury so that I can return to masters swimming after three months</td>
<td><strong>Phase 2: Strength and Stability</strong>&lt;br&gt;1-2 sessions per week, 6 weeks&lt;br&gt;• Rotator cuff strength in full range of motion&lt;br&gt;• Strength training of muscles around scapulars&lt;br&gt;• Shoulder stability exercises in weight wearing positions&lt;br&gt;• Gradual return to swimming and competitive lifesaving</td>
</tr>
<tr>
<td>Goal 5</td>
<td>Core Actions</td>
</tr>
<tr>
<td>--------</td>
<td>--------------</td>
</tr>
<tr>
<td>I want to create an early morning routine, where, in the company of my care support worker, I can walk my dog for 1.5 hours.</td>
<td>Each night I will set my alarm at 5.40 am so I have enough time to get ready and travel by car to meet my care support worker at South Curl Curl headland at 6.00 am</td>
</tr>
<tr>
<td></td>
<td>I will also place the dog’s lead, harness and 2 doggy bags in a readily accessible place.</td>
</tr>
<tr>
<td></td>
<td>Each night, after checking the weather forecast, I will organise the clothes that I’m going to wear during my morning walk.</td>
</tr>
<tr>
<td></td>
<td>Before leaving in the morning, I will check that I have my car keys, glasses and iPhone.</td>
</tr>
<tr>
<td></td>
<td>Each day I will increase my walking time until I feel comfortable walking for 1.5 hours. I will start with 30 min walks, then increase my increase my walking time each day until I feel comfortable walking 4 km (1.5 hours) without a break.</td>
</tr>
<tr>
<td></td>
<td>Just before I’m ready to begin my walk, I will use the Outdoor Walk setting on my Apple Watch to record details about my walk. The Perx App on my iPhone will automatically record the number of steps that I take.</td>
</tr>
</tbody>
</table>
My Learnings About Reablement

**Aim**
- Emphasis is on maintaining, regaining and adjusting, rather than treating the condition

**Goal-oriented**
- Goals need to be dynamic
- Involves active participation and working toward a positive result

**Multidisciplinary**
- Including myself, you need access to a variety of health care professionals

**Setting**
- Can be where I live (home-based) and/or in the wider community

**Person-centred**
- Through a collaborative approach, meaningful goals are identified, taking into account my needs, abilities and circumstances

**Nature of Plan**
- Doesn’t have to follow a structured format, because it can be incorporated into everyday life experiences

**Time-limited intervention**
- Can vary from weeks to months, and even to years

**Holistic Approach**
- Goes beyond just exercise, cognitive and social aspects of my life

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Conclusion

Hammond Care Resource Booklets

Special thanks to

Professor Christopher Poulos
Director, Centre for Positive Ageing, Hammond Care

Dr Meredith Gresham
Research Fellow, COGNISANCE

James Atkinson – care support worker and PowerPoint creator

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