Implementation of reablement in 3 municipalities, a Norwegian perspective

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Gunn Fornes, Assistant Professor, MPA, reg.OT
Kjersti Vik, Professor PhD, reg.OT
Background

- Homebased occupational –and physiotherapy and home based care are well integrated in Norwegian municipalities
- Norwegian National White papers describe a need for innovative solutions in public home based services
- Health services and rehabilitation are mainly public funded, free of charge and a legal right
- Reablement is physical exercise training and/or training in daily activities at home and consist of multidisciplinary team with OT’s, PT’s and nurses
Aim and method

Aim
• Exploring service providers’ experiences with implementation of reablement

Qualitative study
• *Data collection and participants*
  Focus group interviews (total n=10) in three municipalities; home-based care team (n=5), reablement team (n=3), project team for reablement (n=1), middle managers (n=1)

• *Analysis*
  Systematic text condensation (Malterud)
Preliminary results

Implementation of reablement

• Acting and thinking differently when working with clients
  – Focus on clients resources and their own goal for daily activities
  – Incorporation of reablement in day-to-day work in home care
  – OTs and PTs outside reablement team must incorporate reablement in their daily work

• Collaboration
  – Increased interdisciplinary collaboration
  – Reablement lead to professional development
Preliminary results
Implementation of reablement

• Organizational conditions
  – Misunderstandings between professionals can arise and clarifying of roles are necessary – OT’s was addressed as «the motor»
  – Coordination of clients between ordinary home care service and reablement is a challenge
  – Internal and outside information about reablement is considered to be important
  – Enthusiastic service providers are a key to success
Preliminary results
Implementing of reablement

• Reablement is experienced as both a bottom-up and top-down process
  – Opportunities for service providers to influence organizational structures must be present (acting)
  – Service providers ask for managers who keep up the ideology of reablement thinking
Conclusion

OT has an important role in the implementation process and contribute to focus on clients recourses and their own goal for daily activities.

However reablement is multidisciplinary both in White papers and practical work.
Reablement research team at NTNU

Thank you for your attention and WFOT for inviting me to this presentation!