

Implementation of reablement in 3 municipalities, a Norwegian perspective



WFOT 2018

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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 multidisiplinary 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 recourses 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 developement

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 resources 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
presentaton!**

Fornes, G., Vik, K. & Ranner, M.;
Implementation process of
reablement in municipality health
care. Manucript in progress.

