

Valerie Ebrahimi of...



# Re-thinking reablement services

Are we supporting people as social participants

A Critical Discourse Workshop



Lisa Dibsdall of...



# Workshop Overview

What you can expect from this afternoon

We will use mobile phones or tablets for one of the activities so please do this in pairs if you do not have yours with you

First we consider if isolation and loneliness is the same or different

What is social participation and what meaning does it have?  
Our definition and others

'All dressed and nowhere to go'  
Reablement: Do we support social participation?

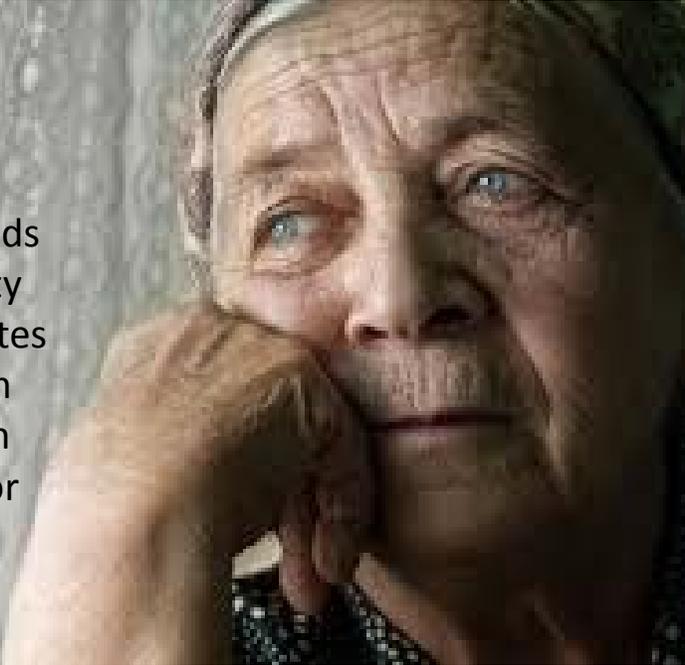
Group work will include – sharing examples, suggesting opportunities, and exploring inevitable challenges (Socratic)

Leave with actions to consider social participation  
with people you work with

# Is loneliness and isolation the same or different?

## Isolation

A lack of contact with family, friends or the community oftentimes equates to social isolation and this is known as a risk factor for loneliness...

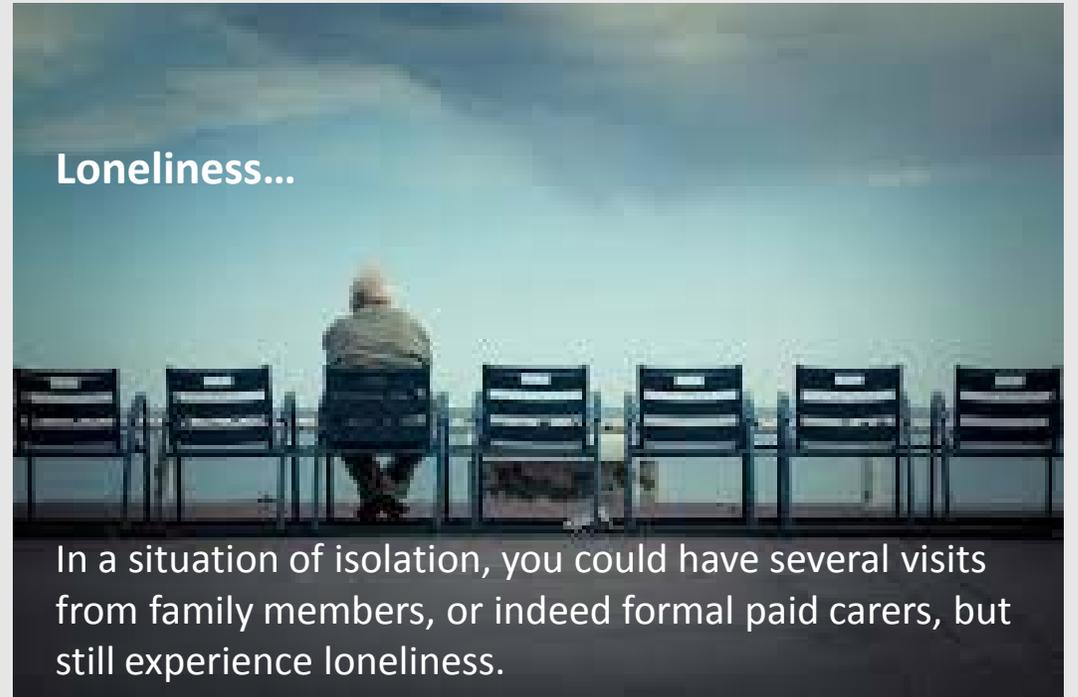


(Landeiro et al.,2017; NIA 2019)

Current research is investigating structural factors that exacerbate social isolation of vulnerable individuals at the level of:

- Institutions
- social policies
- ideologies

## Loneliness...



In a situation of isolation, you could have several visits from family members, or indeed formal paid carers, but still experience loneliness.

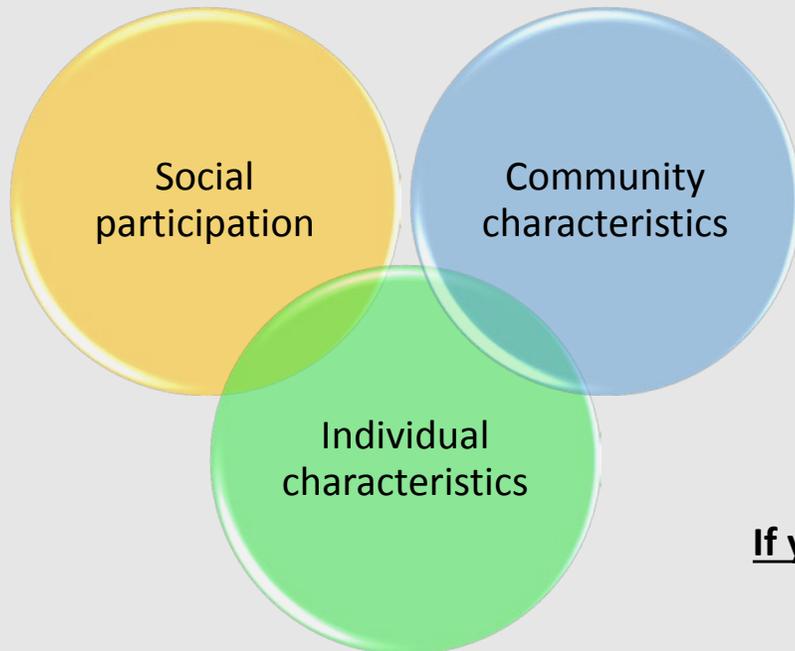
(Landeiro et al., 2017; NHS, 2018)

# Defining Social Participation

What is meaningful social participation?

In your pairs or groups try to come up with your own definition and agree this between you

Think about



If you need our help or have a query or comment just let us know



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Maureen



We asked the following questions a few weeks ago...

Why do you come to [band/line dancing]?

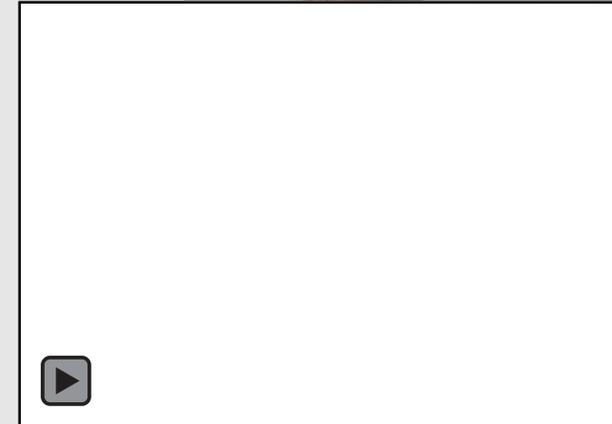
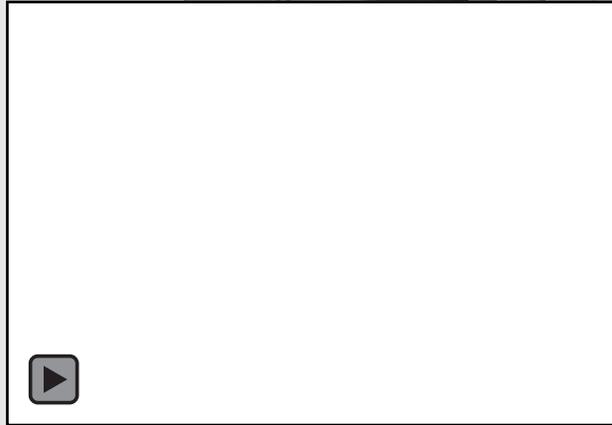
What value does this [line dancing/band] have for you?

What meaning does participating with others have for you?



Andy

... listen out for jovial interruptions as group members left the venue!



# Supportive Legislation & Policy



Can you think of any others that we have missed?

The Care Act (2014)

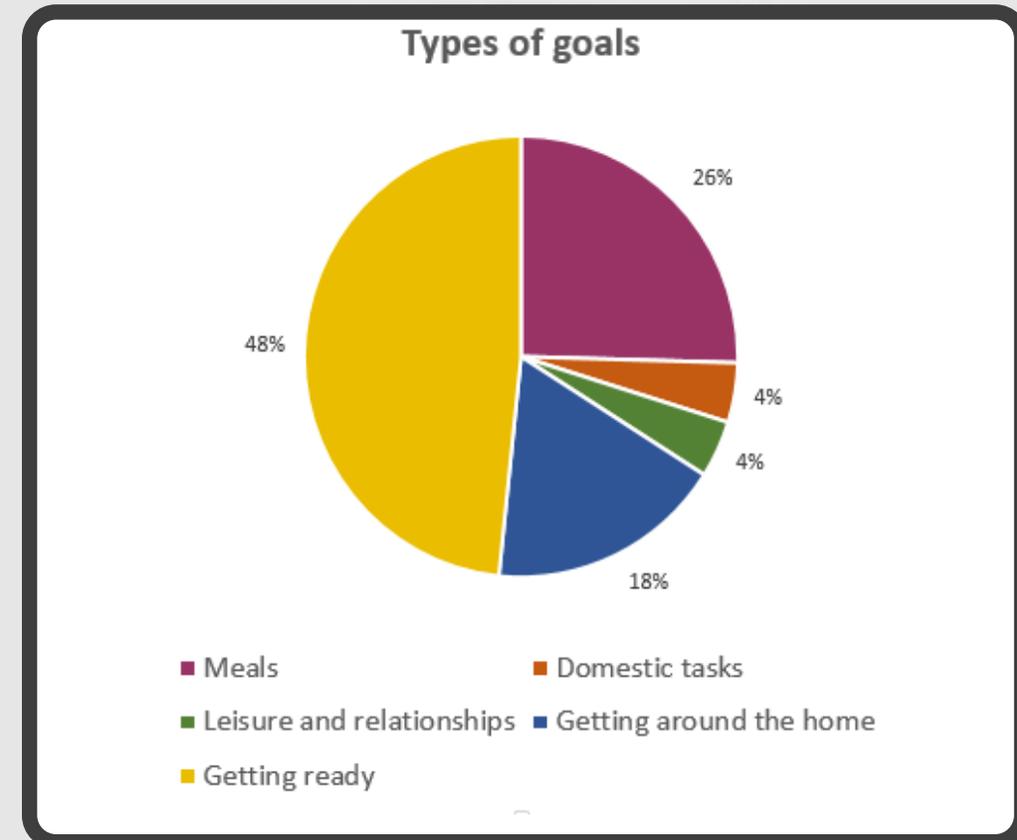
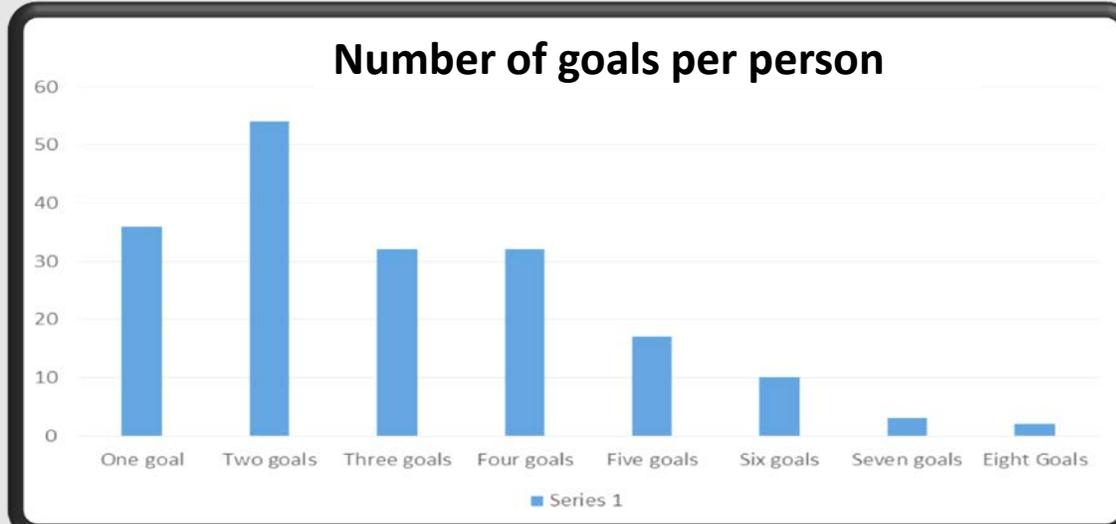
Making Personalised Care a Reality (RCOT, 2018)

Universal Personalised Care (NHS England, 2019)

Social prescribing: Applying All Our Health (Public Health England)

Local Policies and Directives

# All dressed and nowhere to go? Do We Support Social Participation?



“Peter will be able to paint again with the aid of appropriate equipment”

“Gilbert will feel confident going outside by himself on a regular basis. He is keen to return to his active lifestyle”

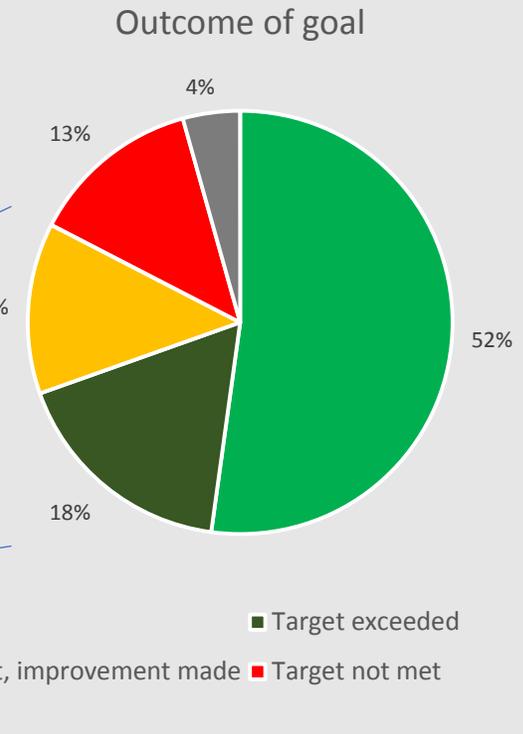
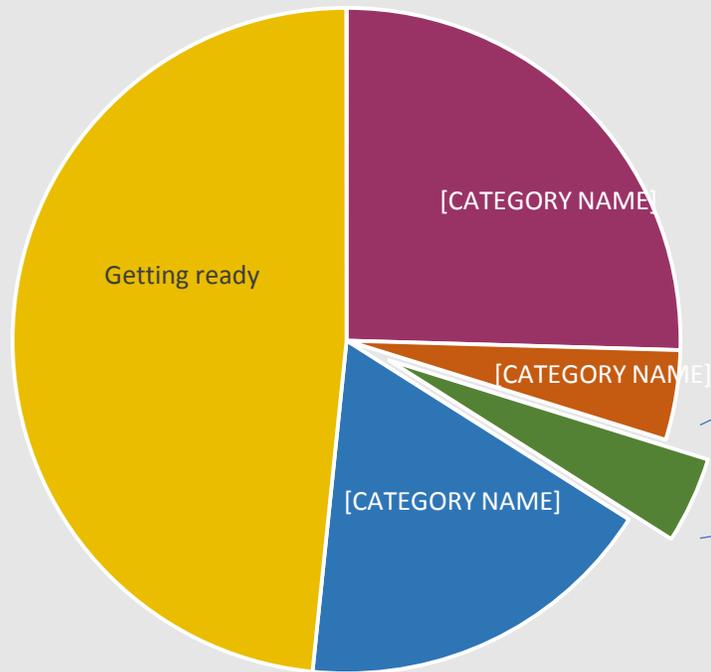
“Jackie will be attend social activities at the housing complex, attend gardening club, and other activities she is interested in”

“Tara will be able to get into a car, and walk more steadily with her walker to attend church and family events more easily”

“To be able to promote social participation within the local community - Refer to local area coordinator”

## In the team 4% of goals were linked to leisure and relationships

These were the goals of 21 people (11% of the sample)...



The reablement teams use MOTOM (Morrison Occupational Therapy Outcome Measure) scores to measure ability at the beginning of reablement, to set a target level and at the end of reablement, using a five point scale

- 1- Unable to carry out the activity
- 2- Needs maximum assistance
- 3- Needs minimum assistance
- 4- Independent with difficulty or risk
- 5- Independent with or without equipment

For the goals related to leisure and relationships 70% of people met or exceeded their target.



# Now lets turn to you and find out your thoughts?

Re-cap:

**Social isolation is objective** physical separation from other people (living alone)

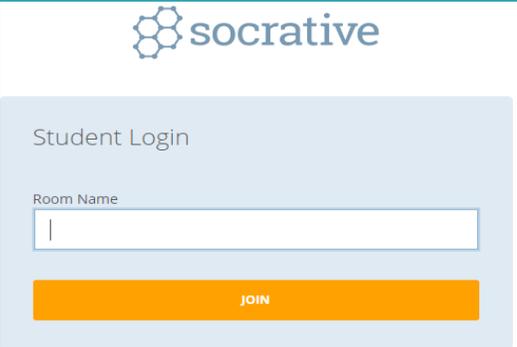
**Loneliness is the subjective** distressed feeling of being alone or separated.



Then access your mobile/tablet and follow the instructions:



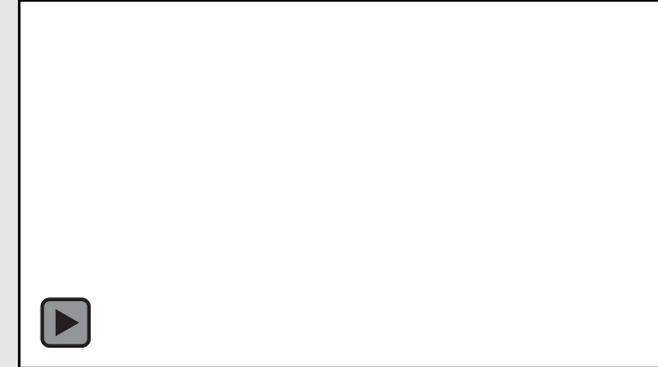
Google 'SOCRATIVE Student'



Room Name: EBRAHIMI6612

If you need our help or have a query or comment just let us know

What two actions are you going to take following this workshop?



Thanks for coming

The session was thought provoking. 'YOU' made us think too!  
Your contributions and comments are greatly valued.

Have a safe journey home

# References

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