

Our Services include:

- Individualised reablement plans
- Allied health referrals (e.g., OT, physio, speech pathology)
- Nutritional and swallowing support
- Support after hospital discharge
- Falls and frailty prevention
- Dementia-sensitive care
- Strength-based personal support
- Home safety assessments

Let's make progress together

Whether your goal is to walk safely to your mailbox, regain confidence after a hospital stay, or reconnect with old friends—we're here to help you get the support you need.



Talk to your local Just Better Care team today

Our trained staff are ready to support you or your loved ones with personalised care that prioritises wellness, dignity and independence. at home and in the local community.

**Get Stared with Just Better Care
Today!**



[justbettercare.com](https://www.justbettercare.com)

Just Better Care is compliant with the Aged Care Quality Standards and the National Disability Standards and hold ISO9001 Quality Accreditation at participating offices.

Wellness and Reablement

Supporting you to build on your strengths, regain skills and do more of matters to you.

Just Better Care starts with you

At Just Better Care, we know how important it is for you to live independently and enjoy a life of meaning and purpose. That's why we focus on Wellness and Reablement—supporting you to build on your strengths, regain skills, and do more of what matters to you.

This brochure introduces the principles of Wellness and Reablement, and how our team can support you to achieve your goals, improve your well-being, and maintain your independence at home and in your community.

Why Wellness and Reablement matter?

1. Empowering Independence

We work with you to build on your abilities so you can remain in control of your day-to-day life and reduce the need for ongoing support.

2. Improving Health and Wellbeing

Whether it's improving mobility, rebuilding confidence after a fall, or learning new ways to manage daily activities—we help you live your best life.

3. Reducing Long-Term Support Needs

By focusing on what you can do, rather than what you can't, our reablement strategies can reduce your reliance on support and help prevent health decline.

What is Wellness and Reablement?

Wellness is about maintaining your current abilities and supporting you to continue doing the things that are important to you.

Reablement is a short-term, intensive approach aimed at helping you regain lost skills after illness, injury or a change in circumstances.

How we support your Wellness and Reablement Goals?

Goal setting

Our team will work with you to identify what's important—like cooking meals again, gardening, or getting back to community groups—and develop a plan to help you get there.

Skills and confidence building

We focus on re-learning daily tasks and routines through encouragement and support rather than doing it for you.

Clinical support

If needed, we partner with nursing or allied health professionals to support areas such as:

- Falls prevention
- Frailty management
- Dementia support
- Swallowing and nutritional support
- Managing multiple health conditions

Home and environment adjustments

We can arrange minor modifications or assistive equipment to make your home safer and easier to manage.

Community connections

We help you reconnect with the community through social groups, volunteering or exercise classes that promote independence and well-being.

What can you do to support your own goals?

- ✓ Stay Active - Achievable activities supporting mobility and mood.
- ✓ Ask for Support Early - Don't wait for something to become a problem
- ✓ Stay Connected - Keep in touch with your community, family & friends
- ✓ Be part of your care planning - Your voice and choices matter
- ✓ Keep Learning - Take up a new hobby or revisit something you love.