



## Restorative care Supporting independence and engagement

***Restorative care is a powerful way to help older people improve their function, independence and quality of life.***

***Two new guides are now available that explain what restorative care is and how it can help older people enjoy life for longer.***

In the South Island, the number of people aged over 85 years is expected to more than double – from 21,000 in 2011 to 42,800 in 2031.

To support this growth, the Health of Older People Service Level Alliance (HOPSLA) recommends health care providers across the South Island adopt a restorative care approach in the services they provide to older people in their communities, defining the person's own goals and working with them to achieve those goals.

HOPSLA has developed two restorative care guides: one for consumers and one for health professionals. The guides outline what restorative care is, what it means for individuals and how it can be integrated into health services.

Consumer guide:

[www.sialliance.health.nz/restorativeconsumer](http://www.sialliance.health.nz/restorativeconsumer)

Health professional guide:

[www.sialliance.health.nz/restorativeprofessional](http://www.sialliance.health.nz/restorativeprofessional)



### **Restorative care success stories: Jeanette and Anne**

#### **Case study 1**

Ninety-year-old Jeanette had been well most of her life. However, in 2015, she was admitted to a rest home after being discharged from hospital. Due to her declining mobility and advancing renal cancer, she was unable to return to her own home.

Jeanette arrived at the rest home feeling angry and resentful because she felt like she had lost control. An independent advocate was brought in to help establish a mutual understanding between Jeanette and her care team.

A pain management regime was developed, which enabled her to maintain her function and independence. The team developed an exercise programme to build her strength and mobility.

Two months after her admission, Jeanette returned home.

#### **Case study 2**

After a hip replacement and surgical revision, Anne developed an uneven gait, and lost her confidence. With a history of depression, this worsened when she developed a tremor.

Anne also suffered from an injury following a fall, and was allocated extra restorative care support. This included assisted walks and social visits from a support worker.

The visits benefited Anne's psychological wellbeing. They enabled her to interact within the community and environment, and gave her a sense of wellbeing and purpose. This independence increased her self-esteem and self-worth.

Anne is now walking independently and no longer requires assisted walks.