

# Restorative Care in the South Island

## A Consumer Guide

May 2016



A restorative care approach to health supports older people to be independent, care for themselves and participate within their community, family and whānau for as long as possible.

The South Island Alliance is supporting health care providers across the South Island to adopt a restorative care approach to the services they provide to older people in their communities.

***The following guide has been developed to help you understand what a restorative care approach is and what it means for you.***



## **What is restorative care?**

Restorative care is a flexible approach to health care that puts you and your needs at the centre of your care. It aims to help you maintain your independence for as long as possible.

This includes respecting your wishes at all times and supporting you to improve your mobility, and physical and mental functioning – which means you can enjoy life the way you want for longer.

International evidence shows that a restorative care approach to older persons' health improves an individual's health status and enables them to continue social and occupational activity, and remain confident and independent.

That's why we're supporting health care providers across the South Island to adopt a restorative care approach to the services they provide.

## **Elsie's Story**

*An older South Island resident who lives alone recalls how a restorative care approach supported her to achieve a full recovery from a heel injury.*

*"The care I received was very good. We faced several situations that needed a bit of initiative to overcome them, and my carer discussed these at the provider meeting and details were added to their care plans as well as mine. "The leg I suffered the injury to is now much better than my other leg, which I had an operation on many years ago.*

*"Although I had to wear the plaster moon boot for three months and have physiotherapy, now I don't limp—it's as good as new."*

***This is my life. I want to make my own choices with support from my whānau - Elsie***

## ***A restorative care approach to your health means***

### **Your health care providers listen to you**

Your voice, wishes and aspirations are at the centre of all decisions made about your care and treatment.

### **Your treatment plan helps you achieve your wellbeing potential**

Your health care providers help you achieve your full potential for health, independence and connectedness. If you have a degenerative condition, your care plan supports you to stay healthy for longer and delay any avoidable decline in your health.

### **You feel valued**

The care you receive is positive in its approach, promotes dignity and focuses on your strengths – valuing you as an individual.

### **Your care plan is holistic**

Your health care providers take a holistic approach to your care. They recognise that a balance between physical, social, mental, cultural and spiritual health is important for overall wellbeing, and that maintaining connections with community, friends, family and whānau is crucial.

### **Your health care providers work as a team**

You are treated by a team of professionals who all work together, share information and place your wishes at the centre of your treatment so you receive the best care possible.





## **How will we know if we're making progress?**

Our success will be measured using a variety of methods, one of which is interRAI, an electronic assessment tool used by all district health boards in the South Island. The information provided by interRAI enables us to make improvements based on real clinical information. We also encourage older people to provide feedback to health care providers about their care experience.

If you believe your needs are not reflected in your care plan, consider taking this document to your health care provider to discuss how a restorative care approach could benefit your treatment.

*This document has been produced by the Health of Older People Service Level Alliance (HOPSLA), which is part of the South Island Alliance.*

*HOPSLA is made up of experts in older persons' health from across the South Island, including district health boards, primary care, allied health, and community and consumer representatives.*

*We are dedicated to supporting South Island health care providers to help older people enjoy life the way they want for longer. For more information and contact details visit [www.sialliance.health.nz](http://www.sialliance.health.nz)*