Able™
Digital Wellness

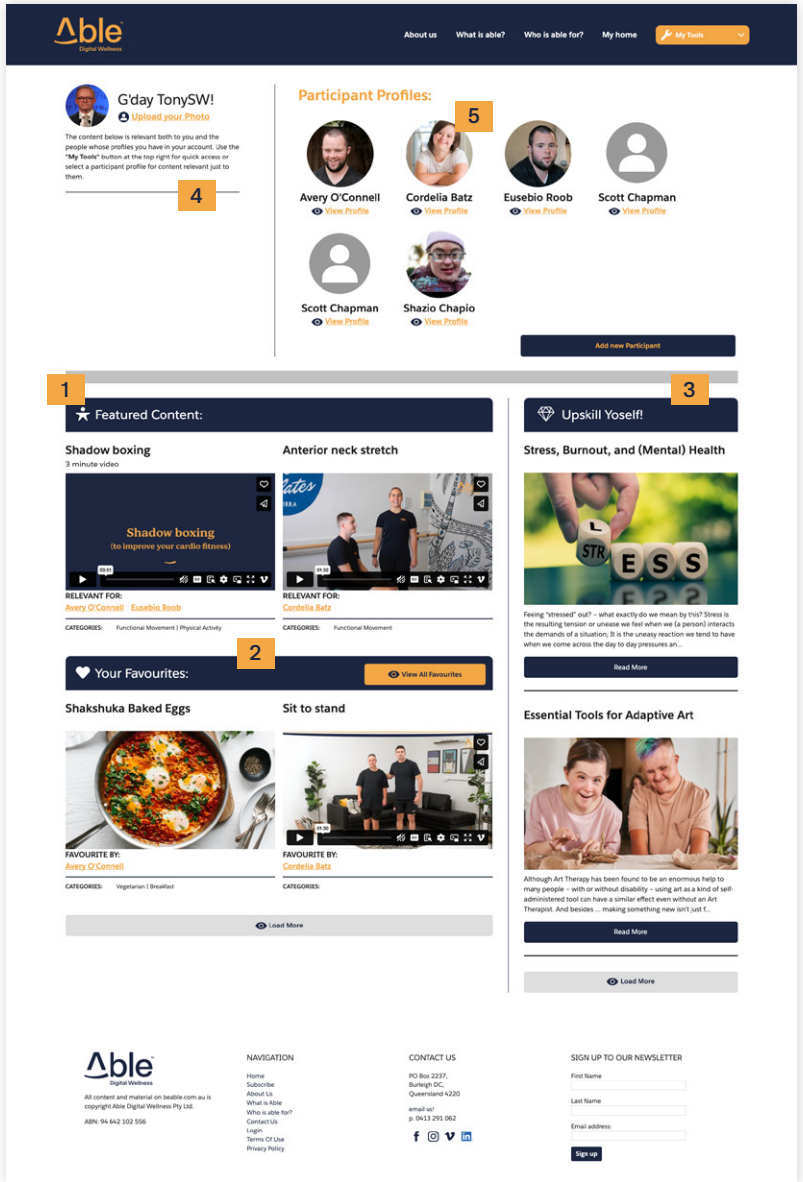
Usage Guide

Own it.

Train, eat and live
your best life.

This is where support workers will see all their clients and add new ones

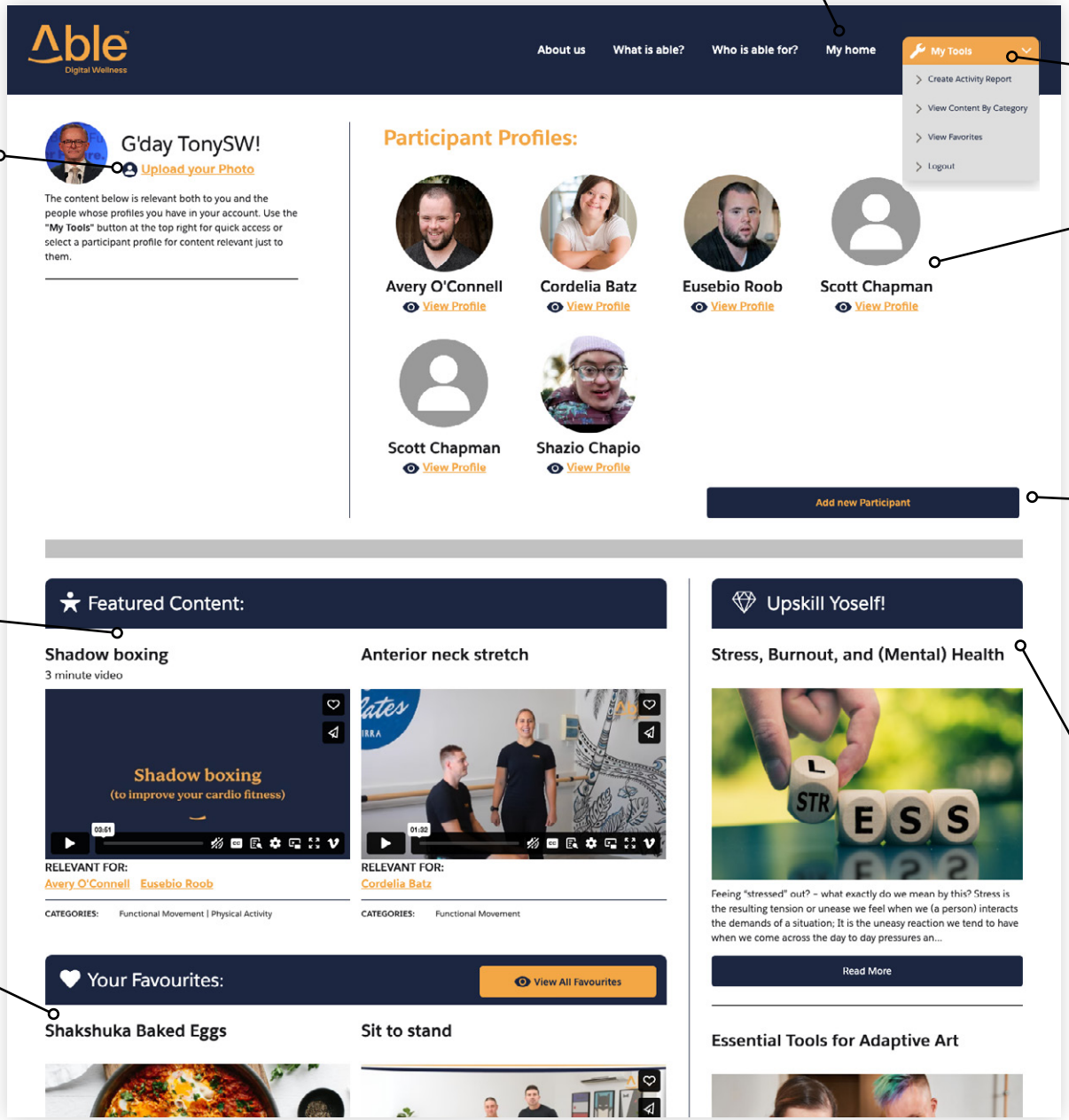
1. Featured content for SW, designed to be content to support you and relevant to your residents
2. Favourites in SW view – Content that has been favourited, you will see relevant names for whom has favoured it
   – It's always great to refer back to these sections if you are looking for some "kick start" content for a resident
3. Upskill YoSelf content, generated for Support Workers to assist you in care outcomes.
4. Tracking of consumption of this content will be one of the updates that will occur. And, every time you as a care provider access content it will record it against your SW profile allowing you to see how you have upskilled yourself.
5. Participant / Resident profiles for you to access the content specifically for them & edit their personal details and profile or submit activity reports.



Section 1: Support Worker Profile

Use “My home” button to navigate back to this profile page from anywhere.

Upload your photo



My Tools are shortcuts to the main things you need

Participant Profiles that are created once you hit the Add Participant button below. Clicking on view profile allows you to see all content for that individual. It also allows you to edit their profile.

Add a new Resident button loads a new page for you to follow.

Featured Content, this is content matched to your residents. It’s available here for quick access. It also tells you which clients are relevant to each item.

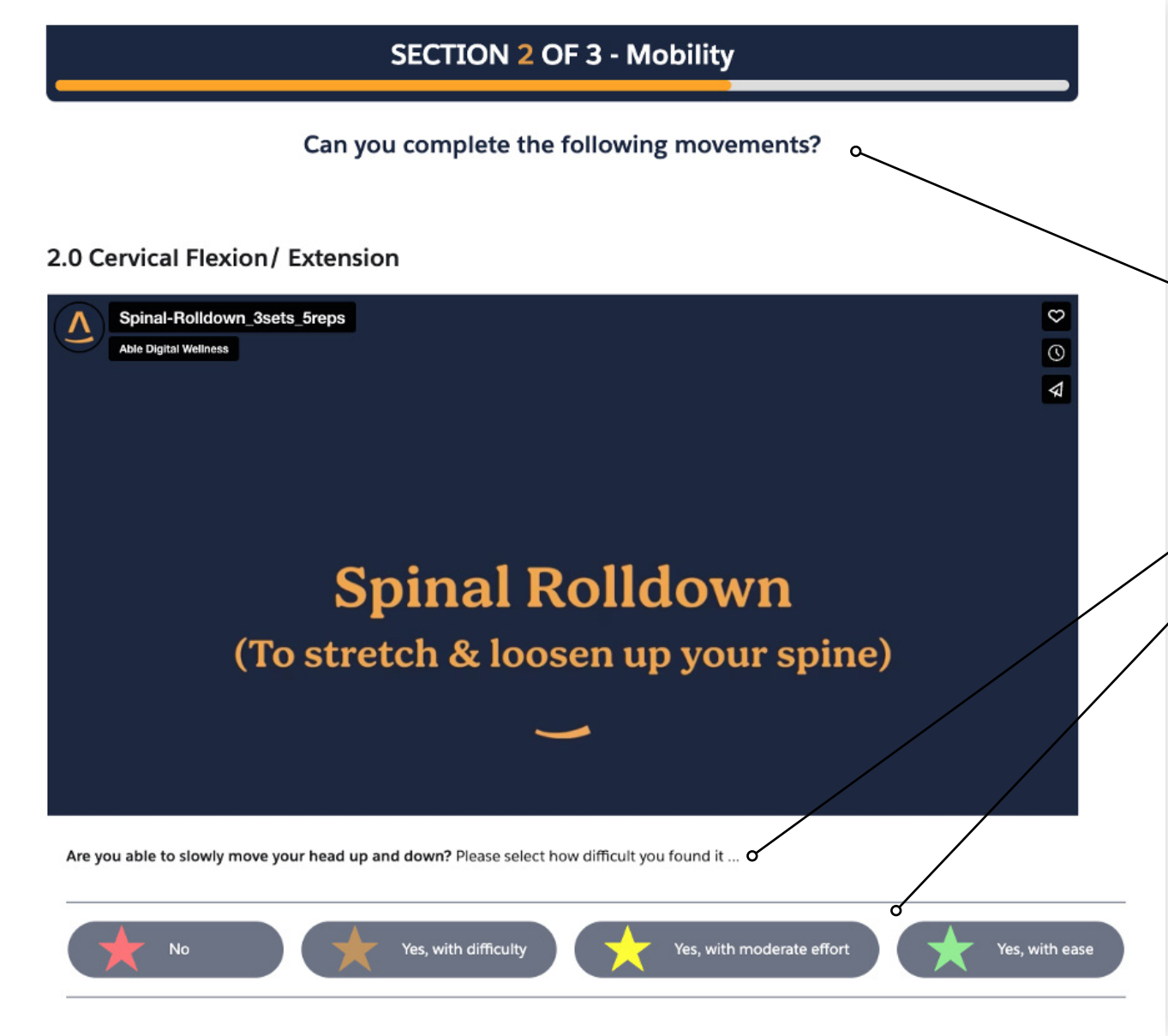
UpSkill yoself, is designed to give support workers additional content to assist tin their care outcomes. Consumption of this content is tracked and recorded against the Support Worker profile.

Favorites, that show in the SW view are what has been selected by your clients. You can see who has selected items as their favourite.

This is a critical process for ensuring your client has the best experience possible.

1. Adding client details forms the beginning of the process, enabling the system to personalise the experience.
2. This is where all movement ranges are captured so we know what content to send through to the client portal
3. It is also where we begin to capture other relevant data for when the profile and content expand with updates
4. The movement ranges are easy to follow and determine. If you are in doubt as to weather to select difficult or not, always err on the side of caution and say it was more difficult than it was, as you can rate each exercise once you are underway with content

- Once you have clicked add participant
- Fill in all required details
- If you don't have plan or plan manager details, that's ok, it can be left blank to continue



- Mobility section is super important
- This is what determines the exercise content that a participant receives
- Watch the video
- Read the description
- Select the difficulty

Section 2: Adding a User

SECTION 4 OF 5 - Sports

Please select two sports you'd like to access & rate your experience with it:

- ○ I'd rather not try a sport, thank you
- ○ Basketball
- ○ Goalball
- ○ Powerlifting
- ○ Rugby League
- ○ Soccer
- ○ Swimming
- ○ Tennis
- ○ Wheelchair Basketball
- ○ Wheelchair Boccia
- ○ Wheelchair Fundamentals

Now, please rate your experience with this sport so we can tailor your content to you - here's a guide:

Level 1: Never tried

I'm new to the sport and would like to start learning the rules and skills required, OR, I've tried the sport, but would like to build on the fundamentals.

Level 2: Would like to improve

I know how the sport works and have basic skills, but would like to improve and even consider joining a club.

Level 3: High Performance

My skills with the sport are good and I'd like to learn more as well as find out how to get into representative teams, para games or other high performance pathways.

Prev Section

Next Section

- This section is designed to assist in sport engagement
- The idea is top select a sport that the user would like to try
- You then select the level of exposure to that sport so far
- Similar to exercise, the content is then tailored to that level
- This allows you to go on a learning journey for that particular sport

Section 4: Content Overview

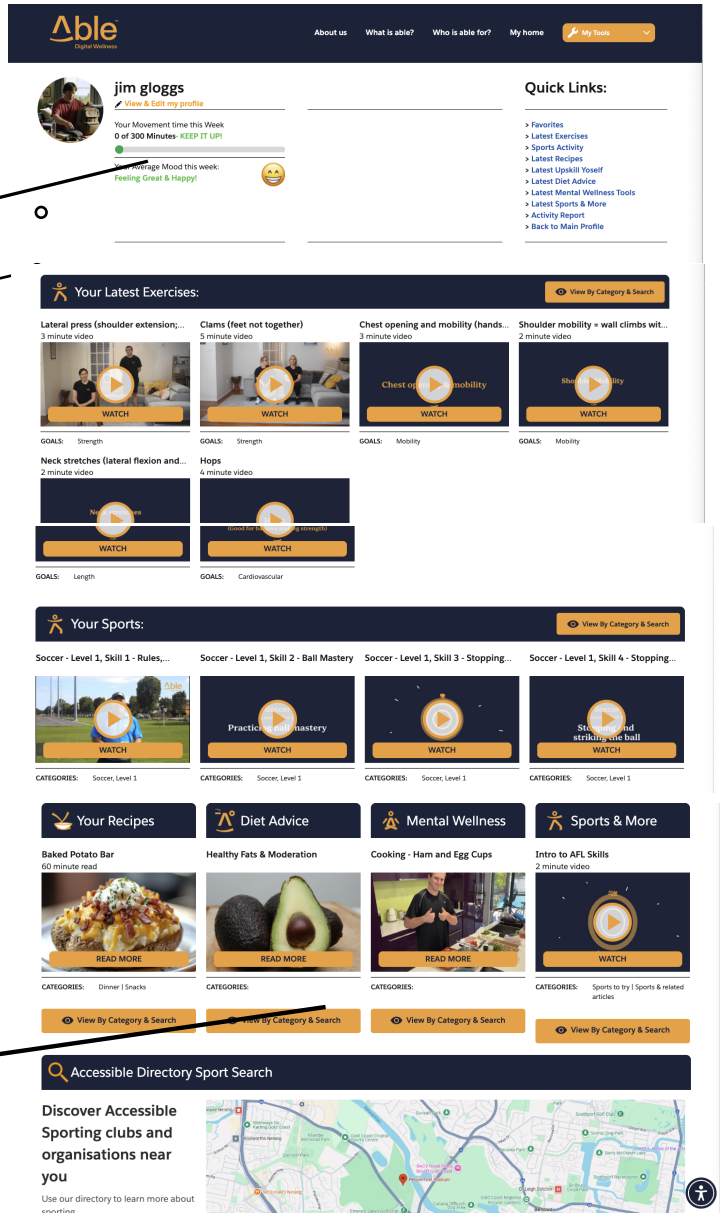
Here is how many minuets that are at currently for the week vs the goal (set below) This is generated by completing activity reports

Here is their mood rating average for the week

- Exercises tailored for users
- These are based on the profile info that you entered when adding them

- Recipes aren't tailored (yet) to the individual
- Here you can see all recipes and rate

- Generic, but relevant dietary information
- Search by categories



Ability to search by category whilst still being relevant to the individual's movement range

Sport's content generated based on onboaring

irectory to assit finding a club that offers accessible sport

SECTION 3 OF 4 - Movement Goals

What are your goals for exercising with Able? (rate from 1-4)

Rating - Order your goals with 1 as most important to you and 4 as least

Improve Cardio Fitness
Your cardiovascular fitness, also called your cardiorespiratory fitness (CRF), says a lot about your health and the potential for health outcomes. Simply put, CRF measures how well your body takes in oxygen and delivers it to your muscles and organs during prolonged periods of exercise.

Improve Muscle Length
Muscle length refers to the ability of a muscle crossing a joint or joints to lengthen, thus allowing the joint or joints to move through their full available range of motion.

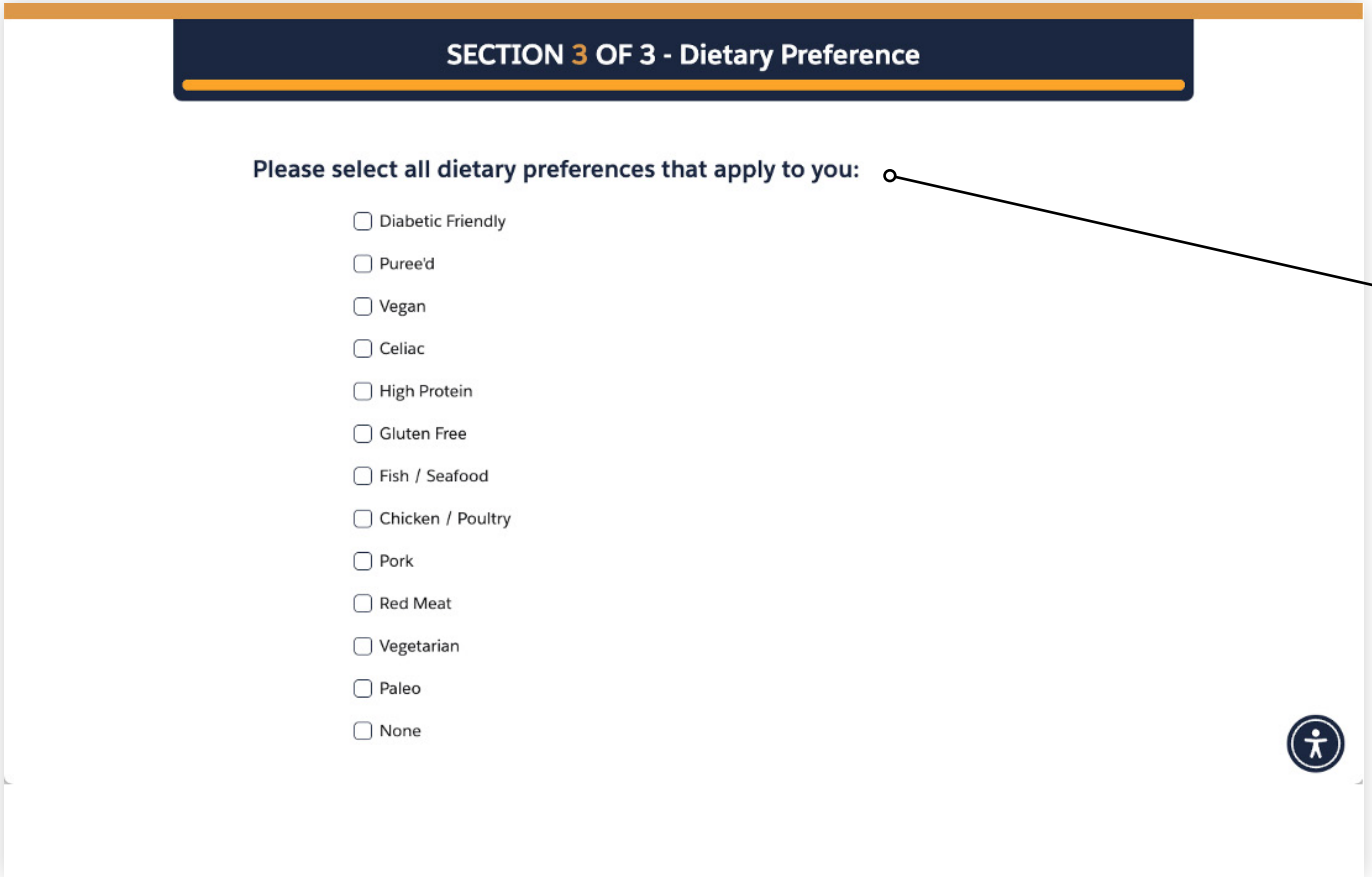
Improve Overall Mobility
Mobility refers to the ability to move freely or be easily moved. This can be relevant for any specific body part(s) or your entire body.

Improve Strength
A strength exercise is any activity that makes your muscles work harder than usual. This increases your muscle's strength, size, power and endurance. The activities involve using your body weight or working against a resistance.

Prev Section

Next Section

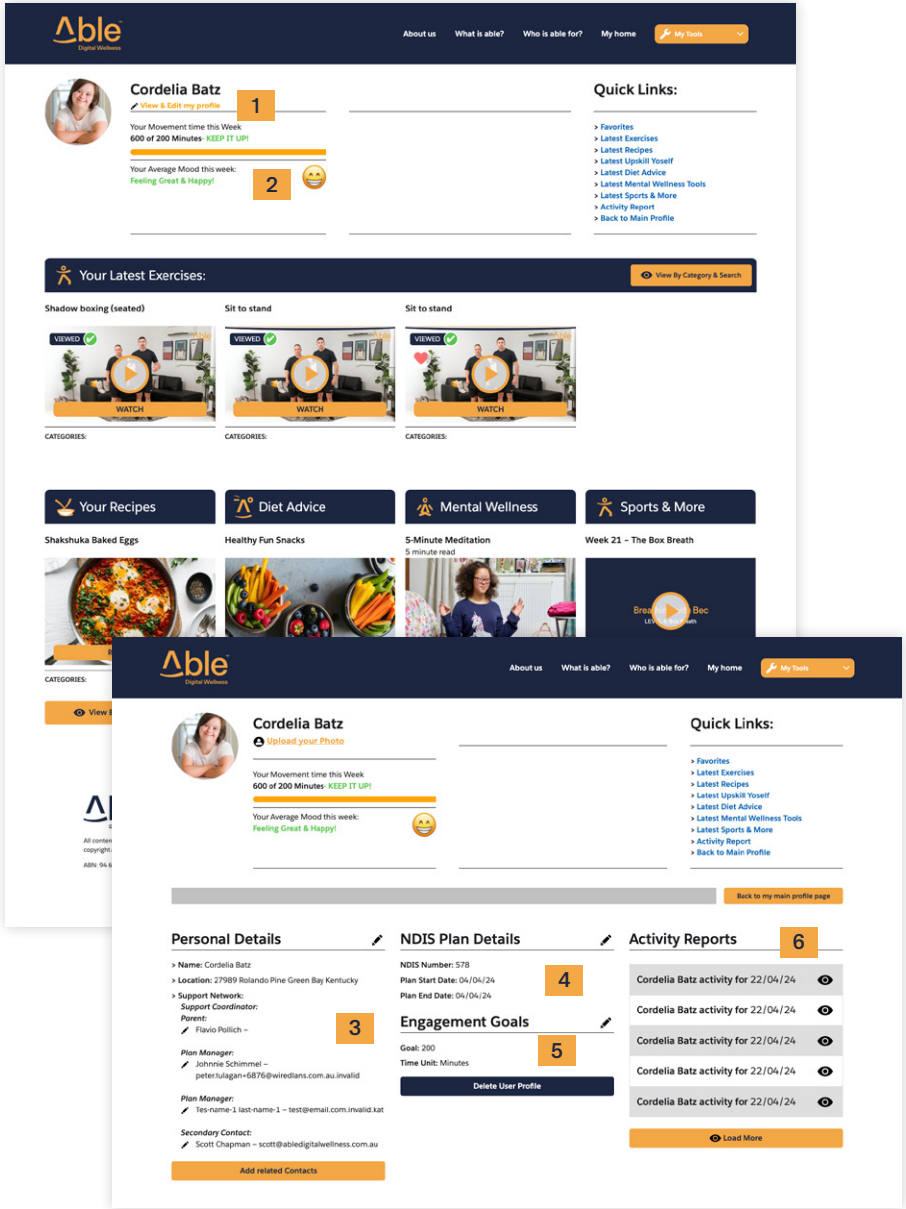
- This section gives us the opportunity to focus on specific goals for exercise
- If your client has an allied health professional they work with they can be included in this process
- If they don't, it's best to consult with them or their family for what they want to achieve
- Rate 1 through 4
- These rating will assist in content delivery



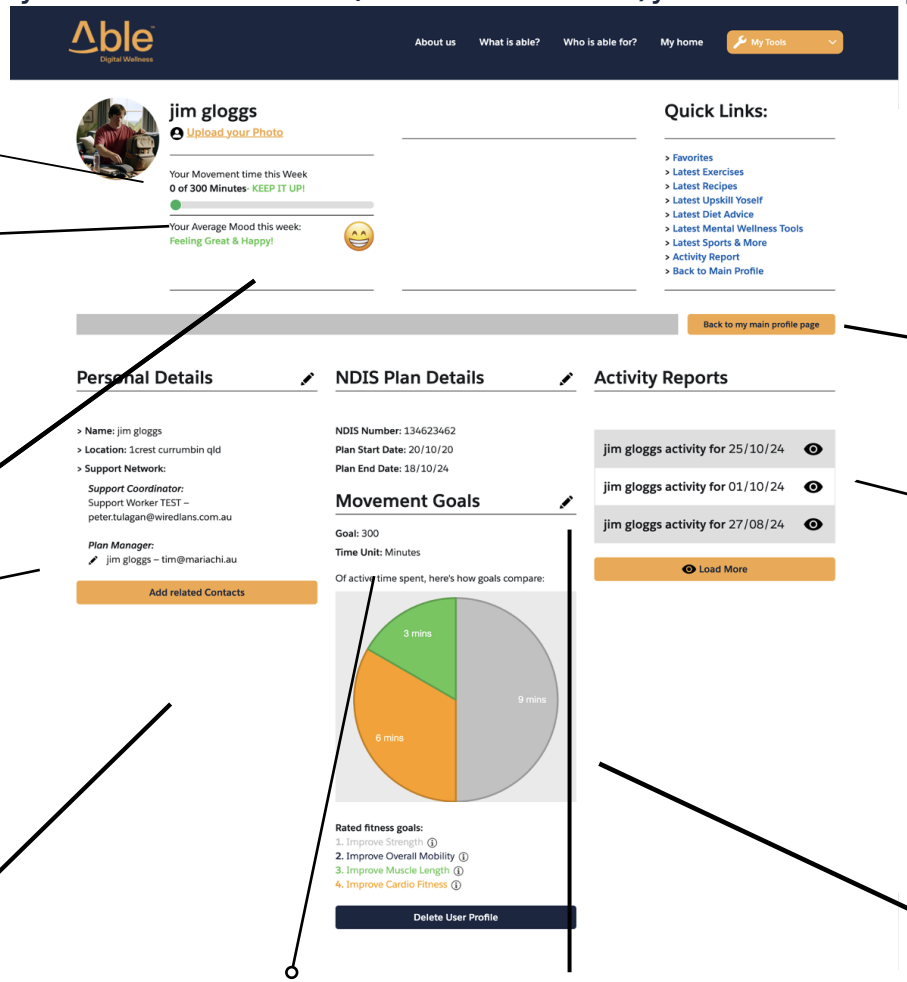
- Although the diet section (at this point) doesn't match to the client directly we would like you to give us any information that you see relevant
- This will be used when future updates are delivered to include tailored recipes and diet advice content
- Once you click Submit the client will then appear in your portal "My Home"

Once a client is set up, their profile is their hub!

1. Here you can View and Edit Profile – upload a photo the same way we did it for yourself
2. Under the photo you will see the Movement bar and emoji meter which track how close we are to our move target and what our average mood for the week has been. We will talk more about these in the activity reporting section (6), but in short the movement with these is determined by activity reports that are submitted
3. Under the individuals personal details is where you add related contacts, this is so important (if a resident has family and/or friends) as it is a perfect way to increase motivation by all talking about achievements.
4. NDIS plan details are populated from when you onboard a resident
5. Underneath that are where we set Engagement goals which is the target that is seen above on the movement bar, in this case 120 mins a week . Our suggestion is to start low and work our way up, remembering that any additional movement we can encourage is a win!



If you click on View Profile (under a clients name) you will enter their profile view.



Here's where you upload the photo for client

Here is how many minuets that are at currently for the week vs their goal (set below)

Here is their mood rating average for the week

Here is where their personal details will appear, following filling in the onboarding form

Here is where you add related contacts and where they then appear

NDIS plan details populated from the onboard form

Here is where you set engagement goals that then sit in the bar above

Here is where you see the time spent on exercise relative to goals

This is how you get back to your clients profile page (and their content).

Clicking this eye allows you to see historic activity reports that have been created.
To see how to create an activity report go to section 5 of this document.

Tailored Content Overview.

EXERCISE

1. This range of exercise comes from initial questions answered in the onboarding and is relevant to movement.
2. Over the first habit building period once you have watched your weekly videos they will replaced with a text place holder that says Congratulations you completed all assigned exercise! Click on the "View By Category & Search" to view more exercises.
3. Its designed this way in order to not overwhelm in the first instance.
4. It also continues to change based on feedback the client and yourself.
5. Once the weekly activities are complete, if your client wants to do more just head to the view by category or search
6. This section will evolve over the coming months.
7. If exercises are continually too hard for your resident, we suggest stopping and reanalysing their ability to make sure content becomes relevant

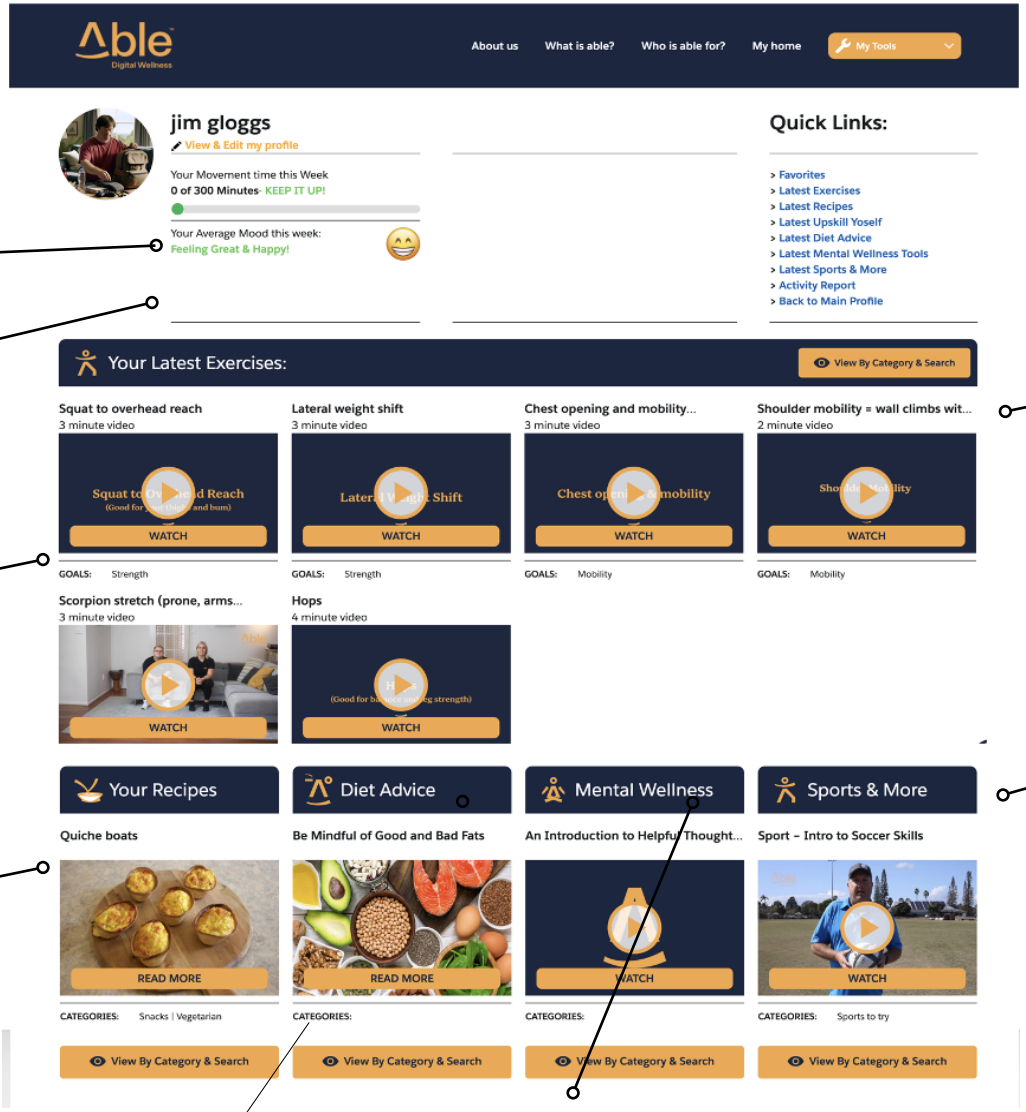
RECIPES AND DIET ADVICE

1. The best way for us to encourage change in eating is to simply look at pictures and suggest.
2. Once you click on a recipe you have the option to view it as a PDF where you can also print it. We would suggest printing and keeping in folders as well
3. On the right hand side you can rate how much you liked it and how difficult it was as well.
4. Recipes aren't tailored like the exercise at this point, this will be a feature update later in 2024
5. Below you can see latest recipes and a button to view by category and search for what you want.
6. Again, to return to the resident profile, simiply click the profile snapshot and back to main profile

MENTAL WELLNESS AND SPORTS AND MORE

1. Similar to the above will continue to evolve overtime
2. We are in the process of filming a lot more content to add in here which will be fed in constantly while you're using Able

Section 4: Content Overview



Here is how many minuets that are at currently for the week vs their goal (set below)

Here is their mood rating average for the week

- Exercises tailored for clients
- These are based on the profile info that you entered when adding them

Ability to search by category whilst still being relevant to the individual's movement range

Sport's and activities designed to assist Support staff

- Recipes aren't tailored (yet) to the individual
- Here you can see all recipes and rate

- Generic, but relevant dietary information
- Search by categories

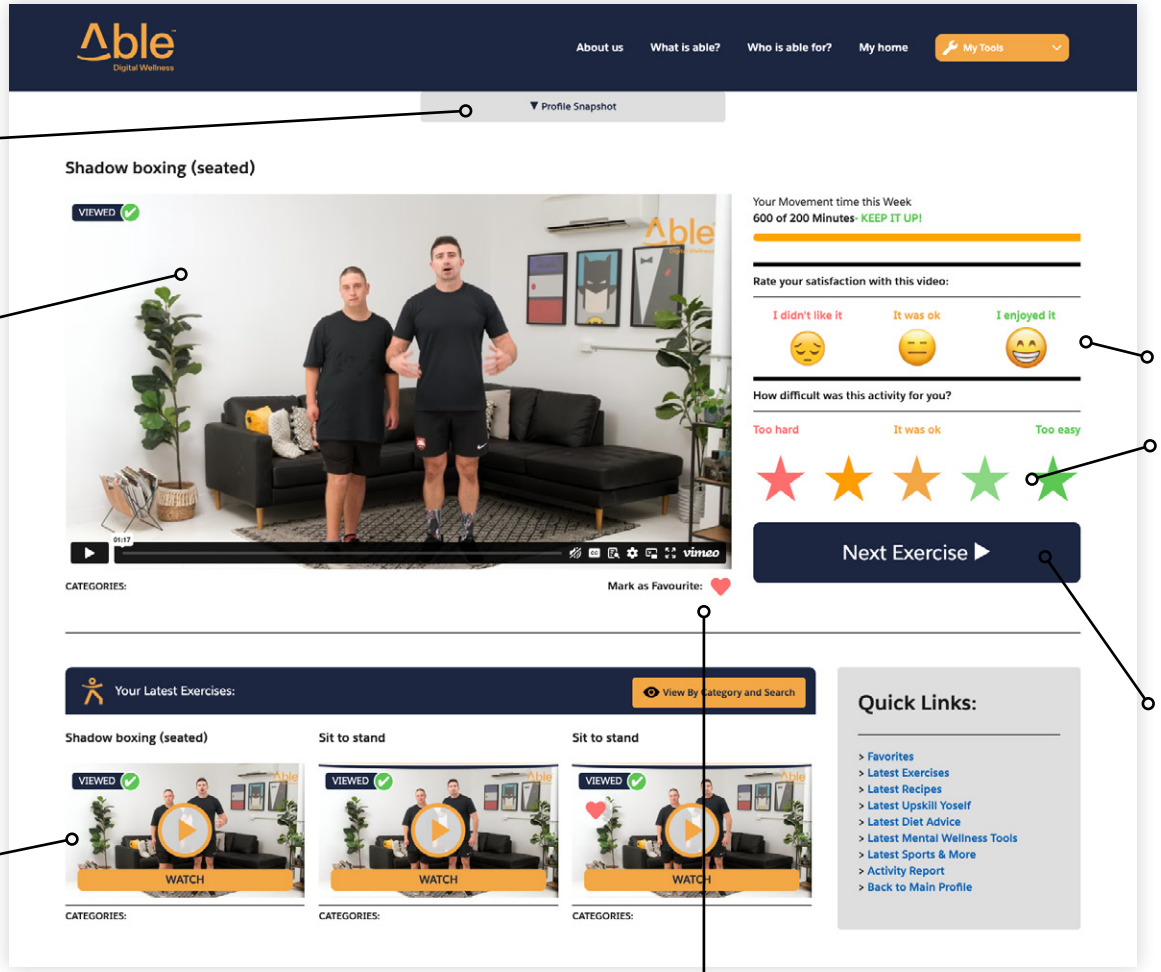
Blogs and videos designed to assist in all round mental wellness

Exercise content view:

Click this drop down to show the full profile and return to participants home page

Here is their mood rating average for the week

List of other latest exercises



Rate weather or not you enjoyed the content

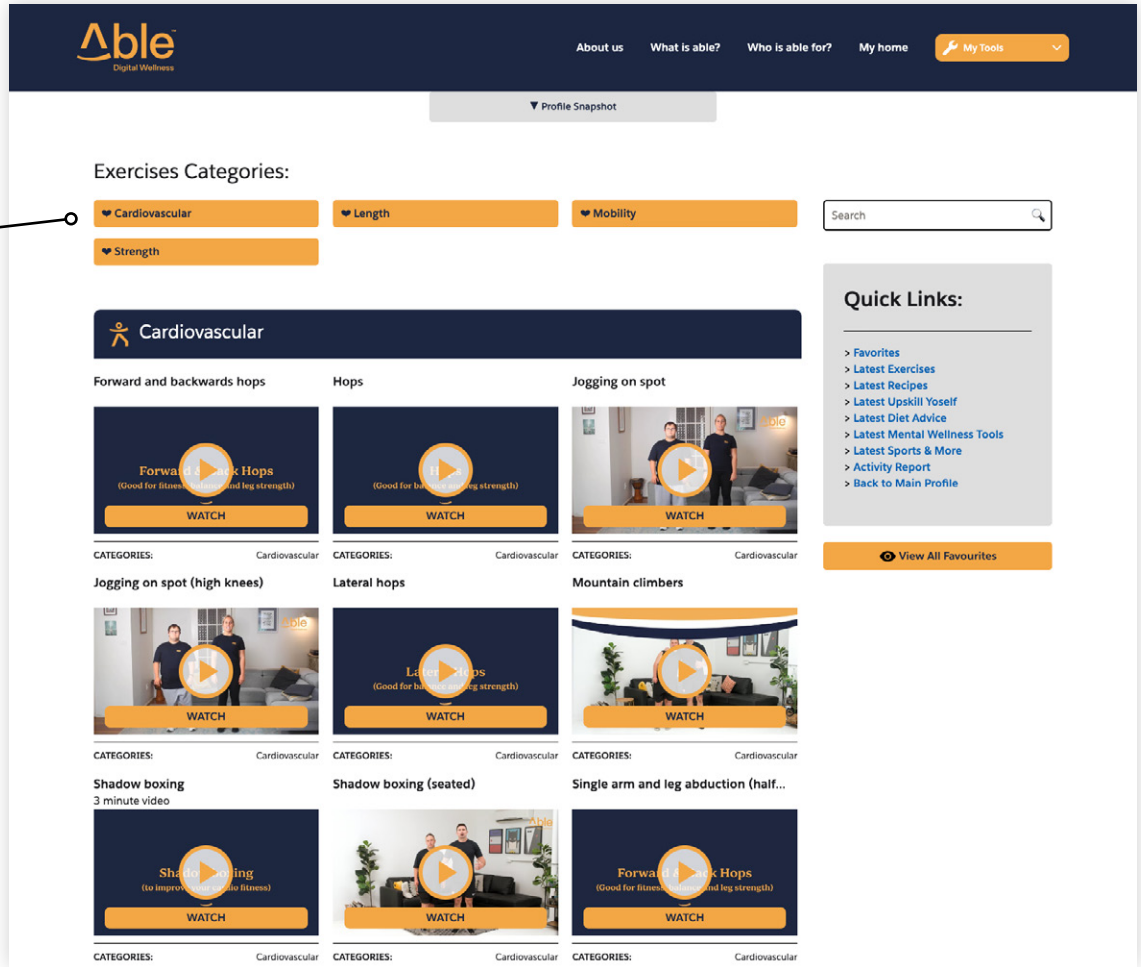
Rate how difficult or easy you found it. This determines weather you progress or regress.

Once watched you can move straight onto the next exercise

Mark as favorite if you enjoy

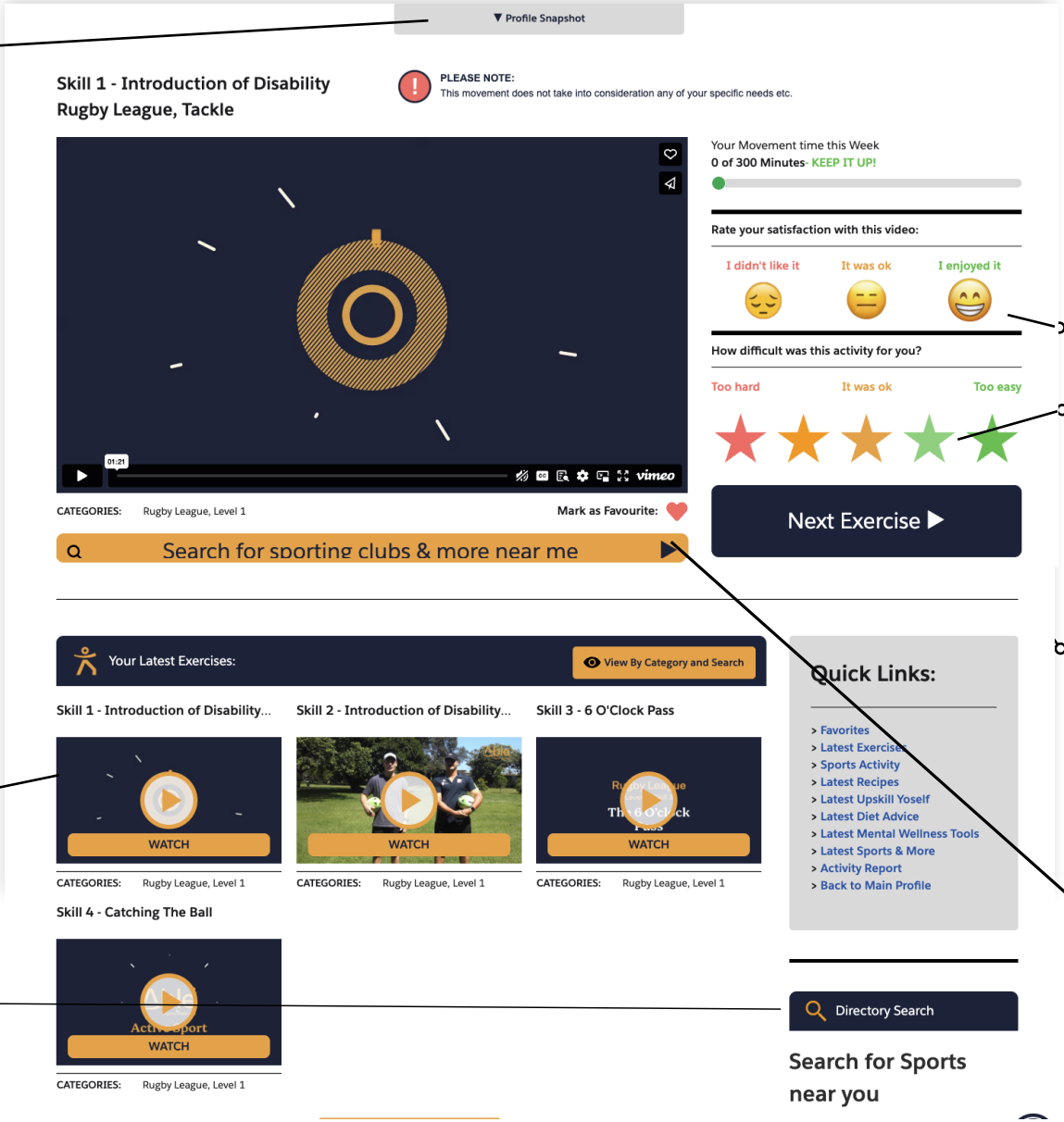
Exercise content category view:

- Search by category. All exercise here is still matched to mobility
- Exercise will only populate here once they have been completed from the program in the main profile



Sport content view:

Click this drop down to show the full profile and return to participants home page



Rate weather or not you enjoyed the content

Rate how difficult or easy you found it. This determines weather you progress or regress.

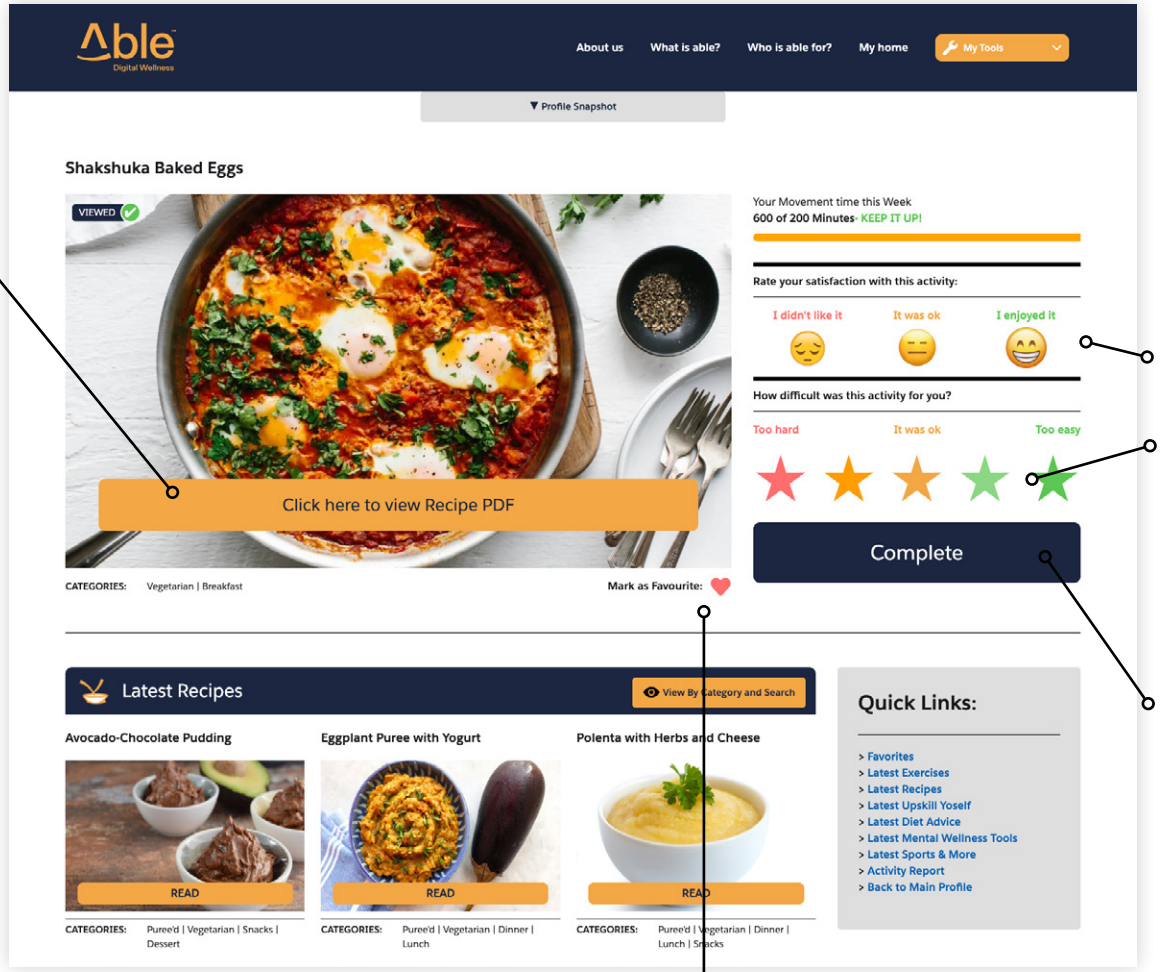
Once watched you can move straight onto the next sport

List of other latest exercises

se the directory to search for providers that offer sport

Mark as favorite if you enjoy

Recipe content view:



View as PDF and print

Rate weather or not you enjoyed the content

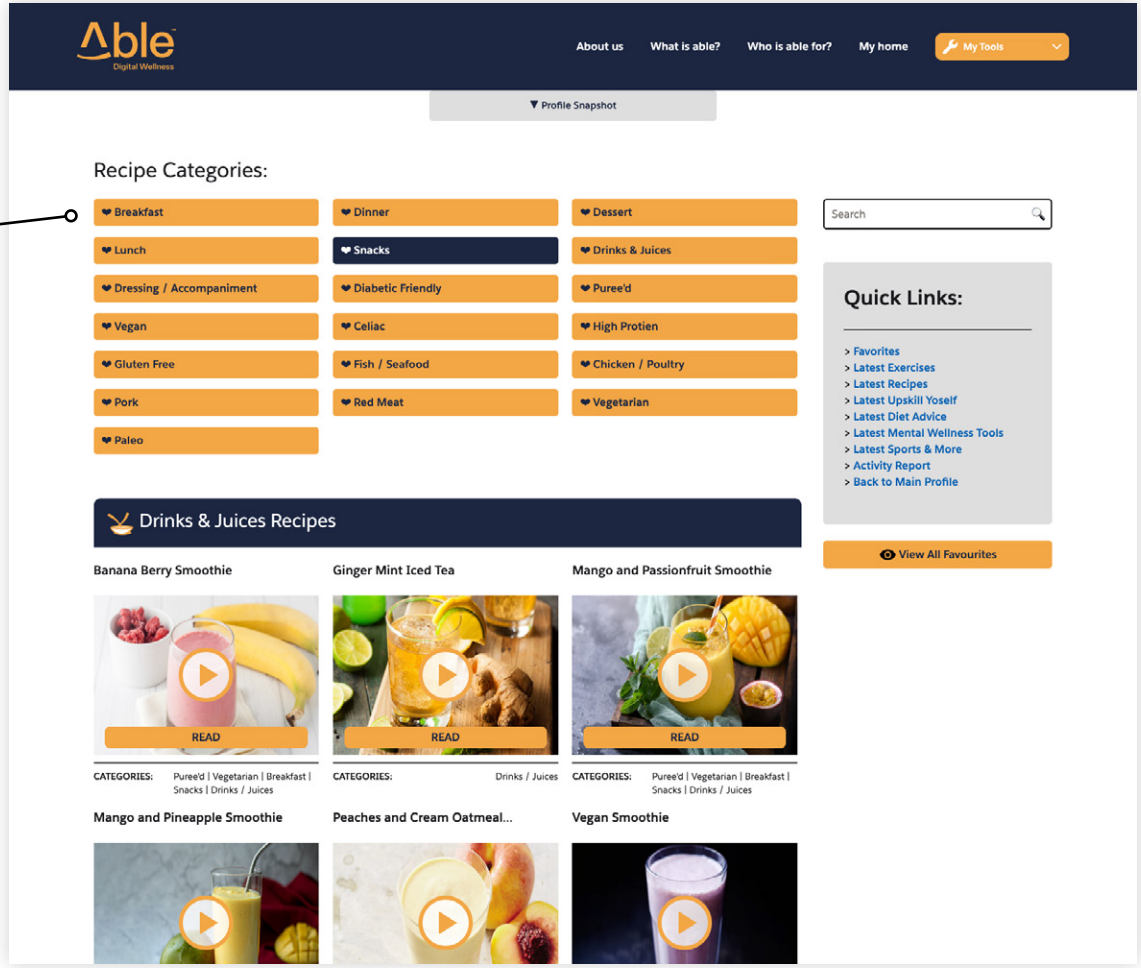
Rate how difficult or easy you found it. This determines weather you progress or regress.

Once viewed you can mark recipe as completed.

Mark as favorite if you enjoy

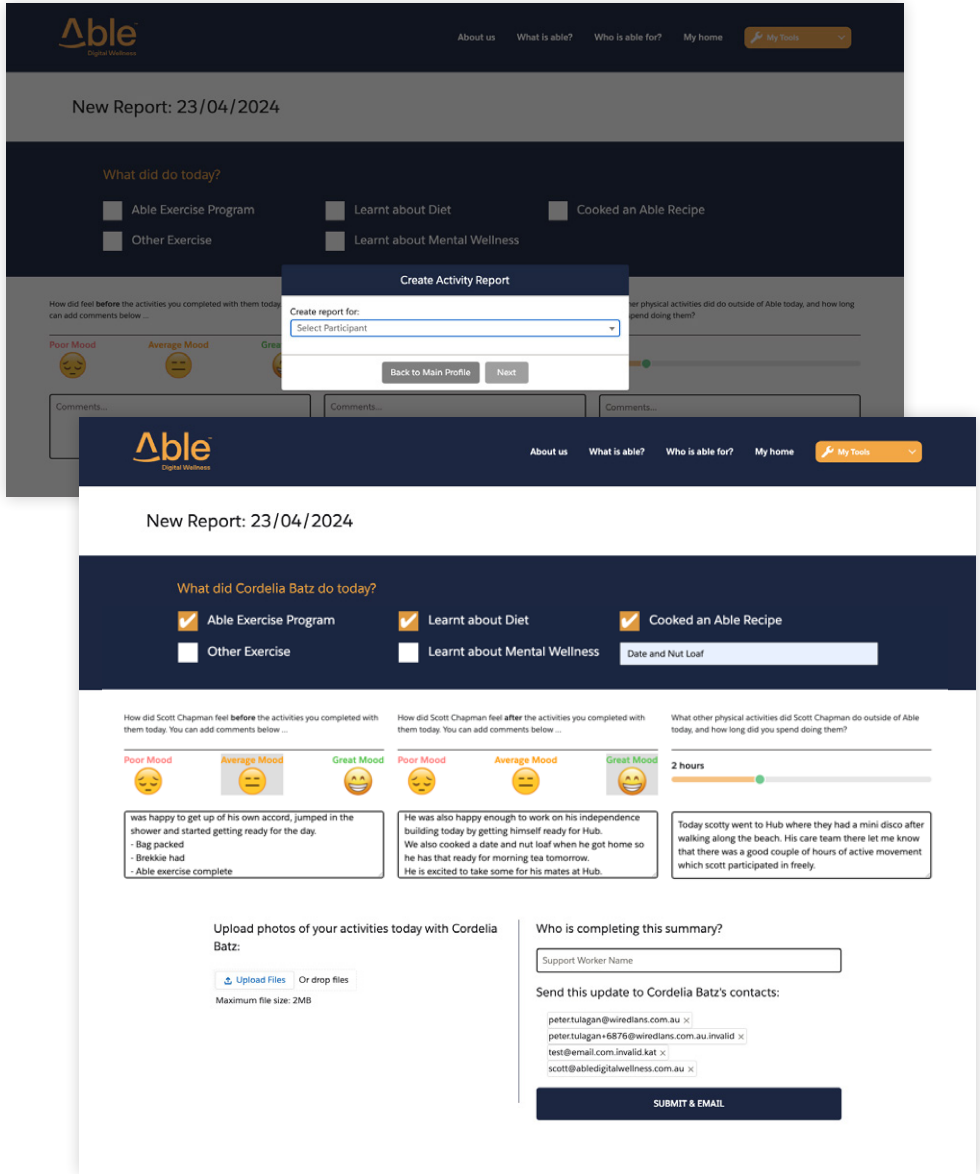
Recipes content category view:

Search by category.



Reporting and communication to your client's support network.

1. They are designed to keep a record of the preventative health and positive care outcomes that you are providing.
2. The idea of them being shared with an individual's support network is designed to get them to motivated and involved
3. Are a condensed version of what they will be in the coming 4-6 weeks

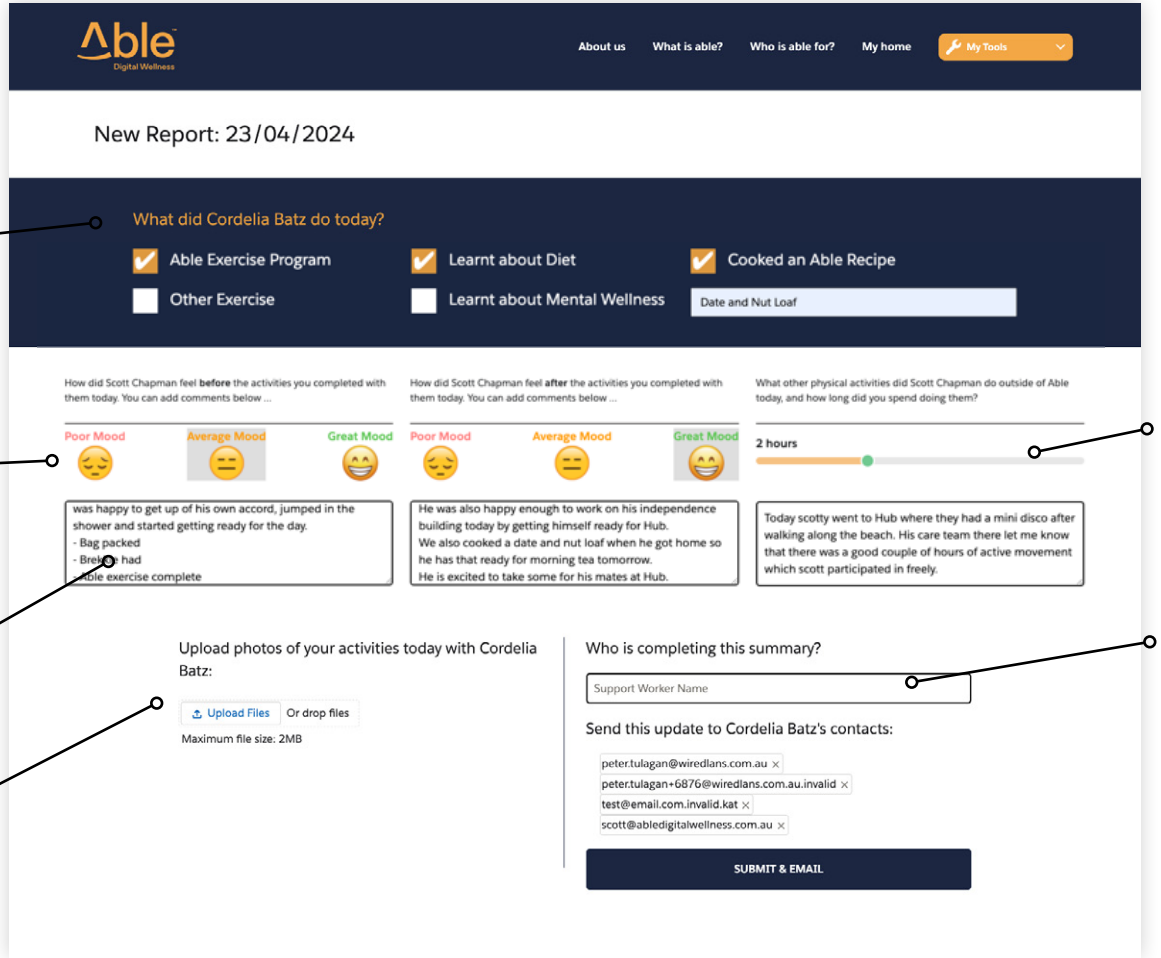


Select what has happened today

Select how they felt, following the questions to prompt your responses.

Give a detailed overview of what they did – include specific observations.

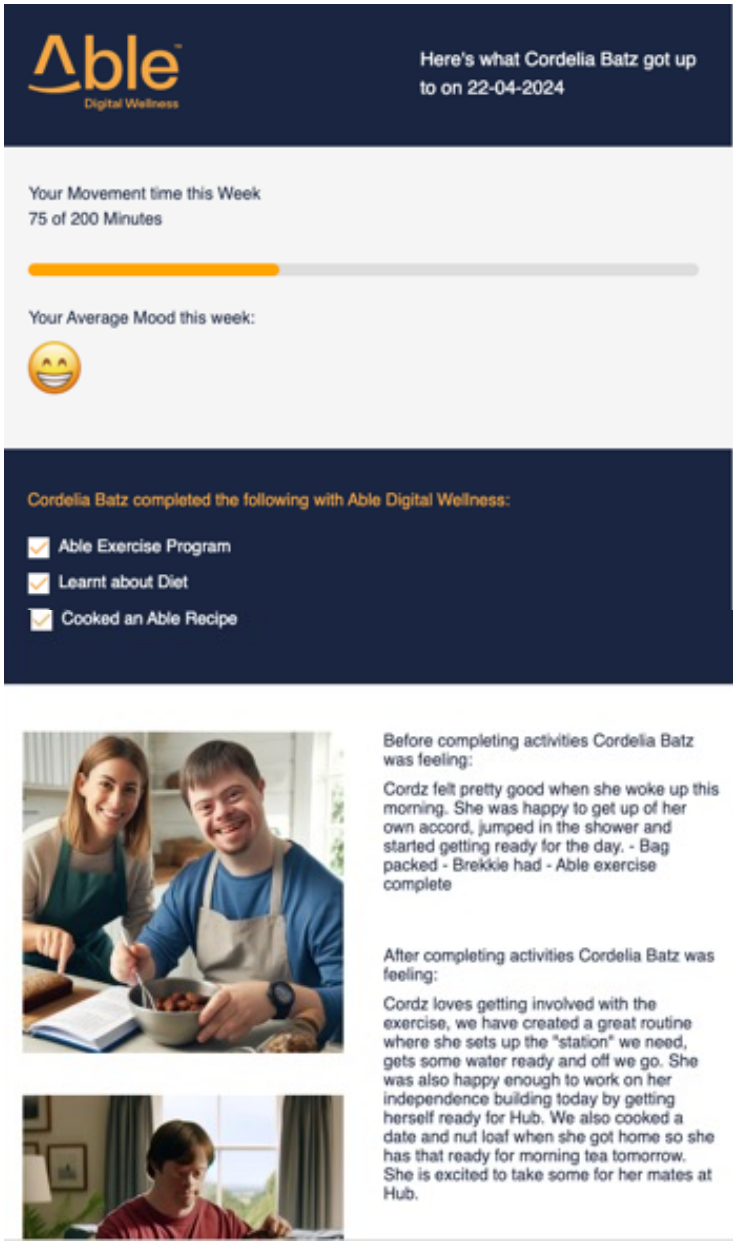
Upload photos of what you did throughout the day.



Drag the slider to display any extra active time completed with your client.

Add your name here to display that you submitted this report.

Email example of what gets sent to the participants support network



Able
Digital Wellness

Here's what Cordelia Batz got up to on 22-04-2024

Your Movement time this Week
75 of 200 Minutes

Your Average Mood this week:

Cordelia Batz completed the following with Able Digital Wellness:

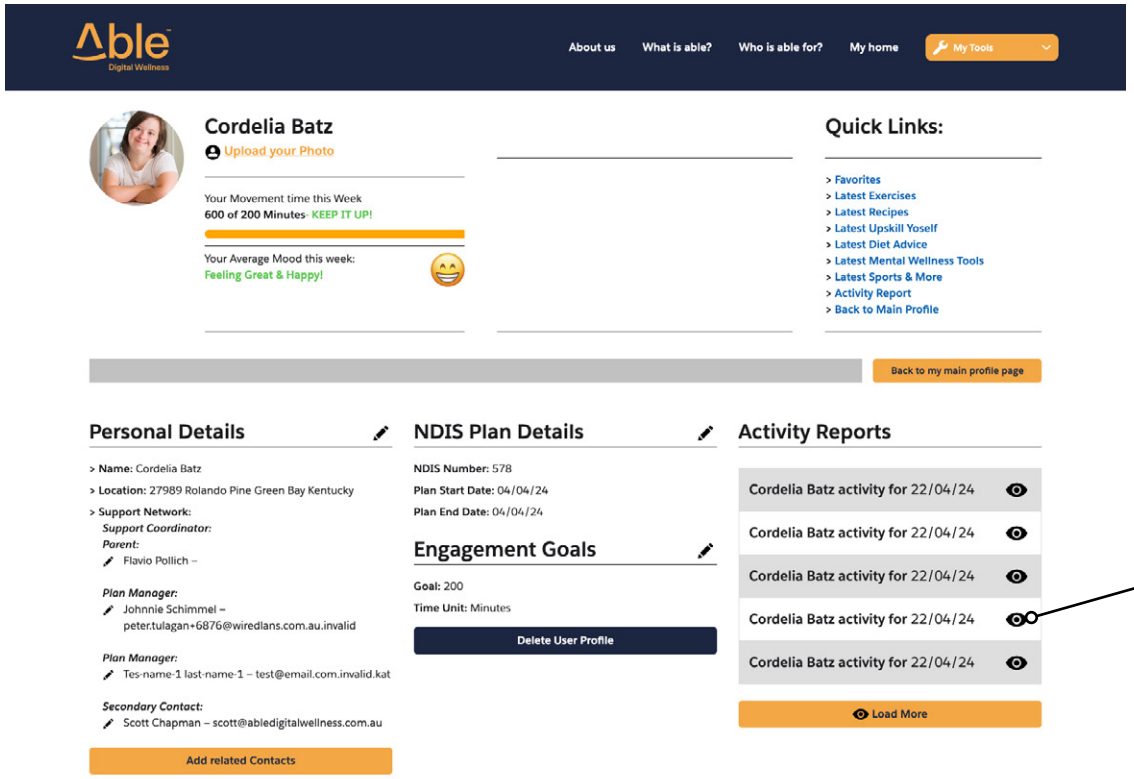
- Able Exercise Program
- Learnt about Diet
- Cooked an Able Recipe

Before completing activities Cordelia Batz was feeling:

Cordz felt pretty good when she woke up this morning. She was happy to get up of her own accord, jumped in the shower and started getting ready for the day. - Bag packed - Brekkie had - Able exercise complete

After completing activities Cordelia Batz was feeling:

Cordz loves getting involved with the exercise, we have created a great routine where she sets up the "station" we need, gets some water ready and off we go. She was also happy enough to work on her independence building today by getting herself ready for Hub. We also cooked a date and nut loaf when she got home so she has that ready for morning tea tomorrow. She is excited to take some for her mates at Hub.



Remember you can access historic reports by clicking the eye, here.

Frequently Asked Questions:

How do I reset my password?
Simply click forgot password at the log on screen in Able

How do I add a participant
Click the Add Participant in your Support Worker portal to add.

How do I remove a participant
When you are in the client profile under their engagement goals there is a delete user button

What if my participant doesn't have anyone in their support network?
If they don't have a support network that is ok

What's the purpose of support Networks?
It's designed to assist with both motivation and communication. We would love for support networks to be involved

What if my client doesn't enjoy exercising?
Exercise should be fun, energetic and encouraged in a manner that promotes positivity. Research has shown that the more you, as the primary support, interact and participate the more engagement will occur.

What if my client has a Meal time management plan?
Nothing changes. You still follow the MTM that is set out for your client. Our recipes are an opportunity to suggest different things, they aren't designed to replace anything

How do we exercise Choice and control while getting people to try new things?
Again everything we offer should be fun and exciting. The more you participate or demonstrate the more likely the participant will want to join in, it's as much a relationship building tool as it is a wellness tool
If someone doesn't want to participate we should never try and force them to.

How often should we log in to Able
Able is designed to be used as much or as little as you need. Given we are always talking about food choices and meal suggestion, it can be a daily thing. You should try and complete an activity report pretty much every shift

(continued on the following page)

Frequently Asked Questions:

Suggestions on how to set a schedule:

1. Consult with Professionals: Before starting, if you feel that any of your residents should consult with a medical professional before participating, please do so
2. Set Clear, Achievable Goals: Establish simple, achievable goals tailored to the individual's abilities and interests.
3. Create a Routine: Develop a consistent daily or weekly schedule that fits into the individual's existing routine. Consistency helps in building familiarity and comfort.
4. Use Visual Aids: Incorporate visual by interacting with Able, pictures or charts, help the individual understand and follow the exercise routine more independently.
5. Incorporate Interests and Rewards: Engage by incorporating activities they enjoy, and consider using small rewards to motivate participation and celebrate achievements.

Suggestions for motivating someone to try new activities:

1. Use Familiar Elements: Integrate familiar elements into new activities to make them more approachable and less intimidating. This can include familiar routines, people, or environments. The comfort of familiarity can ease the transition into trying something new. – this is one of the main reasons that we limit the log ins to start.
2. Clear and Simple Instructions: Provide clear, step-by-step instructions using simple language. Visual aids, such as pictures or icons, can also help clarify what to expect and how to participate in the activity.
3. Positive Reinforcement: Offer consistent encouragement and positive feedback. Celebrating small successes and milestones can boost confidence and motivation to engage in and enjoy new activities.
4. Engaging via activity reports with friends and family for additional motivation
5. Completing the exercise with your clients is the best way to build relationships and encourage movement

(continued on the following page)

Frequently Asked Questions:

Setting engagement Goals

1. Should be small to start and work up with
2. Support networks, where possible, should be involved in the creation of them so that they can refer back and assist to motivate
3. Activity reports are vital to do as often as you have information that is relative to an individual

Where do we start with recipes?

1. We would suggest printing out the recipes each week
2. Store them in a folder for easy access
3. Make sure when you are suggesting to try new meals, you use visual aids and recipes that have a similar protein to what your client would normally eat

Able™
Digital Wellness

Let’s do this together

We’re here to help if you still have questions!

Email us (include your name and phone number too!):
hello@abledigitalwellness.com.au