

## Able Digital Wellness Implementation Guide (Enhanced Edition)

### Introduction

Welcome to Able Digital Wellness! This guide is designed to help new clients successfully implement our platform in Supported Independent Living (SIL) homes. The first four weeks are crucial for establishing habits and ensuring long-term engagement. Consistent use of Able Digital Wellness has been proven to:

- Build stronger relationships between staff and residents
- Reduce behavioural incidents
- Create a better work environment for support workers

Getting Started Right:

- Appoint 2-3 "champions" in each house. These are support staff who are enthusiastic and can motivate others.
- Champions lead the implementation, keep the energy high, and track progress.
- If other staff want to be involved, great! Sharing logins is fine.

### Step 1: Get Started with the Welcome Pack

- Each new client receives a welcome pack that includes:
  - A goal sheet to visually track progress
  - A folder to print and store recipes
  - An elastic theraband for exercises
  - A printed training manual for staff reference

Tips for Success:

- - Put the folder and theraband in a visible, shared space like the living room or kitchen to spark conversation.
  - Start by introducing 1-2 exercises from the training plan with the theraband. Try these at the same time each day (e.g., before lunch).
  - Pick a fun name for the activity time (e.g., "Able Energy Time" or "Move & Groove") to make it more engaging.
  - Use stickers or small charts on the fridge to mark when activities or recipes are completed.
- Start promoting movement by introducing simple things like an easy stretch "who can touch the door frame when you get out of bed"
- Or a morning walk group, even if its just one a week to start.
- The key is consistency and starting small

## Step 2: Set Up Resident Profiles

- Able Digital Wellness allows personalized profiles for each resident, which include:
  - Tailored exercise programs based on movement range
  - Recipes suited to various dietary needs
  - Mental wellness content (breathing exercises, yoga)
  - Sport content to explore new interests
  - History of all activity reports for progress reviews

### Tips for Success:

- Set up profiles in a team huddle and assign each team member a resident to support.
- Choose 1-2 activities based on each resident's current interests.
- Use visual schedules or a weekly whiteboard to track activities.
- Introduce one section at a time. Don't overwhelm with everything at once.

## Step 3: Introduce Exercise Programs

Programs are based on resident movement ranges and progress over time.

### Tips for Success:

- Watch the movement mapping video together and rate each movement together.
- Introduce exercise during an already established routine.
- Always exercise with the resident, support worker involvement increase likelihood of participation 10 fold
- Example starter activities: "3 Moves in 3 Minutes."
- Use music the resident enjoys.
- Celebrate effort, not perfection.

## Step 4: Explore Recipes

Hundreds of dietitian-approved recipes are available.

- Tips for Success:
  - Pick one recipe each week and label it the "Recipe of the Week."
  - Put a printed version on the fridge or a whiteboard.
  - Do a taste test and let residents choose.
  - Encourage life skills like reheating leftovers.
  - Celebrate success with photos.
- Use a voting system to encourage excitement, put three recipes on the whiteboard and have a jar under each that allows residents to place a marble/rock/grape (whatever) to make it exciting

### **Step 5: Leverage Diet Advice**

Our blogs and resources are created by dietitians to support healthy decision-making.

Tips for Success:

- Pick a blog to read during weekly meetings.
- Ask, "What's one thing we learned from this?"
- Use pantry staples to build new meals.
- Share fun food facts in quiz format.

### **Step 6: Introduce Mental Wellness Content**

This includes breathing, yoga, and calming routines.

Tips for Success:

- Use during naturally quiet times.
- Pair breathing with music.
- Start with one yoga video per week.
- Encourage journaling or art afterward.

### **Step 7: Explore Sports Content**

These "Try Me" videos introduce residents to various sports.

Tips for Success:

- Watch together and rate interest.
- Make it a movie night.
- Try mini versions in the backyard.
- Keep a "Try Me Wall" of favorites.

### **Step 8: Weekly Reporting and Accountability**

Staff should regularly track usage, reflect on what's working, and celebrate progress.

Tips for Success:

- Add a 5-minute "Able Check-In" to team meetings.
- Use whiteboards or trackers.
- Submit activity reports as often as possible, and remember PHOTOS!!.
- Recognize champions monthly.

KPIs to Aim For:

- Exercise: 2 sessions/week, 120 active minutes, active minutes include external activities with HUB or other providers
- Healthy Eating: 1 new recipe/week
- Mental Wellness: 1 relaxation/yoga session/week
- Staff Engagement: 1 blog/resource per week

## Conclusion

The easiest way to begin is to just start. Start small, stay consistent, and make it fun. Able Digital Wellness is a tool that can transform the culture of a home into one that is healthier, happier, and more connected.

Next Steps:

1. Create resident profiles and assign champions.
2. Print materials and set up your Able zone.
3. Start with one movement activity and one recipe.
4. Log your sessions and celebrate small wins.

We're here to support you every step of the way. Email us at [hello@abledigitalwellness.com.au](mailto:hello@abledigitalwellness.com.au) and we'll get back to you within 24 hours.