

Seizing Opportunity Too Good to Miss – Embedding Wellness and Reablement in Community Nursing



Source: Bedside Stories by Dr T Hannan, spoken by Michelle Nicholson, THS.

BEFORE ASKING WHAT MATTERS TO YOU?



AFTER ASKING

1 Spiritual health is strong

What will this mean / look like for me?

- "if my spiritual power is strong, I can push through things"
- "Helping others - used to cook at the Mission, help friends"
- "Going to church, I've not been for 5 or 6 years"
- "Feel comfortable to take control"
 - "Will go for walks"
 - "Will see others"

2 Be socially connected

What will this mean / look like for me?

- "Be seeing others - friends in the Christian group, in Prospect and Devonport, my family in Hobart"
- "I will not feel locked up"

3 Be independent

What will this mean / look like for me?

- "To be able to do for self and be physically healthier, emotionally healthier"

4 To have control of my life

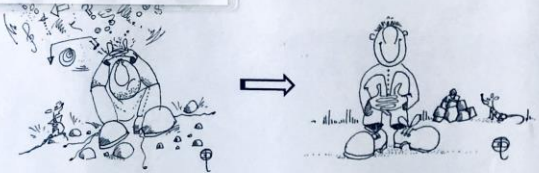
What will this mean / look like for me?

- "Be back doing what supposed to be doing"
 - "Get a car and drive"
 - "Play music"
 - "Visit friends"
 - "Cooking at the Mission"
 - "Trip to Fiji"

5 To have achieved the weight loss and had the surgery

What will this mean / look like for me?

- Be strong physically, mentally and get my life back"



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Thank you

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