

Reablement Planning Workshop

A branded reablement program for your facility. Designed in 4 hours.

WHO SHOULD ATTEND CEO / Care Manager / Facility Manager / Lifestyle Coordinator

Families touring your facility are asking what reablement and wellness options you offer. A branded program gives your team a clear answer, differentiates you from competitors, and positions your organisation as a leader in your community. In four hours, we build it with you — branded, costed, and ready to implement.

WHAT WE COVER

The 4-Hour Workshop

- Current State Review**
Know exactly where you sit against StewartBrown benchmarks — and where the gaps are costing you.
- Regulatory Alignment**
Map your program to the Strengthened Standards and Aged Care Act so compliance is built in from day one.
- Program Structure**
Groups, 1:1 criteria, user-pay pathways and inclusion criteria — structured so staff can deliver it consistently.
- Brand Development**
5 branded name options with taglines so your program has an identity families and staff recognise.
- Gym & Space Design**
A floor plan and 3 costed equipment tiers for your available space — from \$3k essentials to full rehab gym.
- Client Experience**
A clear resident journey from admission to participation that families understand and managers can explain.

YOU RECEIVE

6 Deliverables

- 01** Workshop Summary Report
- 02** 5 Branded Program Concepts
- 03** Service Proposal & Investment
- 04** Gym Design Floor Plan
- 05** Equipment Analysis & Quotes
- 06** Implementation Roadmap

HOW IT WORKS



"We went from talking about reablement to having a branded program, gym floor plan, equipment quotes, and a service model across all three sites. In four hours."

Todd Yourell, CEO, St Andrews Aged Care

Before the workshop, we send a short brief covering what to prepare: current physio hours, available gym space, and your team's priorities. We do the benchmarking in advance so the session is focused.

YOUR HOSTS



Dane Mitchell

Managing Director

Dane founded Optimum Allied Health in 2013 and has grown the business from a single gym in Yamba to aged care facilities across Sydney, Brisbane, and regional NSW. He also sits on the Board of St Andrews Aged Care in Ballina and co-hosts the Time Well Spent podcast.



Michael Harders

Residential Aged Care Operations Manager

Michael is a physiotherapist who leads Optimum's residential aged care team. He brings a sharp focus on clinical documentation and training, and is responsible for implementing new facility partnerships and manual handling train-the-trainer programs.

Ready to start?

Book a 30-minute discovery call. No obligation.

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opthealth.com.au/reablement-physiotherapy