AN INTERNATIONAL PERSPECTIVE ON
GOAL SETTING AND INTERDISCIPLINARY
COLLABORATION WITHIN REABLEMENT
PROGRAMS

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Over the last two decades, reablement has been studied
and implemented in more than 16 countries. It is a person-
centred approach aiming to enhance individuals’ (physical)
functioning and increase or maintain their independence
in meaningful activities. Goal setting and interdisciplinary
collaboration are identified as important key elements of
reablement. Due to limited intervention descriptions in the
scientific literature, it is not clear how these two elements are
applied in practice. This hinders the uptake of reablement
services among healthcare care providers on national and
international level. This study aimed to provide insight
into: (1) goal setting; and (2) interdisciplinary collaboration
within reablement programs. Therefore, a qualitative study in
Norway and the Netherlands was conducted. In both coun-
tries, reablement staff (n=14) was interviewed. Data was ana-
ysed using both deductive and inductive content analysis.
To increase rigor in terms of credibility, transferability, de-
pendability and conformability; member checking, uniform
data collection methods, note-taking, and direct quotations were used to analyse and present the data in this study. These focus groups resulted in, on the one hand, a clear overview of procedures regarding goal setting, treatment and evaluation methods, and on the other hand, valuable insights into staff experiences regarding interdisciplinary collaboration. In addition, facilitators and barriers for the implementation of goal setting and interdisciplinary collaboration in reablement programs were identified. This study resulted in valuable knowledge for healthcare providers to effectively implement reablement in practice.