



fountain of health



Canadian Coalition for Seniors' Mental Health
To promote seniors' mental health by connecting people, ideas and resources.

Coalition Canadienne pour la Santé Mentale des Personnes Âgées
Promouvoir la santé mentale des personnes âgées en reliant les personnes, les idées et les ressources.

3 STEPS TO A HEALTH BEHAVIOUR CHANGE

VISIT #1

Step 1:

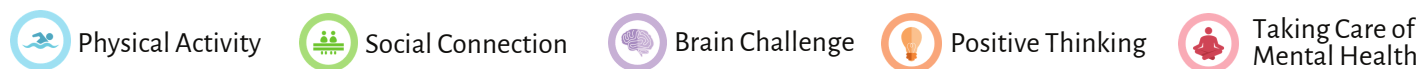
Invite selected patients to *self-complete* a **health baseline** on a 5 point *Health and Resilience Pre-Questionnaire* (on paper or app).

This takes a few minutes and can be done in the waiting room, or in your office.



Step 2:

Use the questionnaire results to help the patient to set *one small, meaningful S.M.A.R.T.* health goal* in 1 of the 5 domains:



For example, the Mental Health domain covers a wide range of lifestyle behaviours, such as healthier eating, improving sleep, and using relaxation methods like yoga or mindfulness.



Clinicians record the goal on the *Goal Doc Sheet* for patient chart.

Patients record the goal on the *Take Home Goal Sheet* and/or on the app.

**Optional: Try using the clinician's "SMART-er" Goal-Setting Guide to help to further improve patient outcomes*

VISIT #2

Step 3:

Check-in with the patient, a month later, in person or by phone.

Find out if the patient met their goal. Complete the *Health and Resilience Post-Questionnaire*, and record results on the *Goal Doc Sheet*.

Repeat this 3-step process as needed, using new paper forms. Invite the patient to revise the goal or change to a completely new goal. Continue to provide follow up to check in on progress and offer support.

Use new paper forms and encourage the patient to use *The Wellness App* for goal tracking and to receive encouragement between visits.

Invite the patient to revise the goal or change to a completely new goal as needed.

Continue to provide follow up to check in on progress and offer support.

