

Health Behaviour Change Toolkit

To receive a free copy of the *Health Behavior Change Toolkit*, to access *The Wellness App*, and for more resources on brain health and wellness go to: www.fountainofhealth.ca

For more information, contact us at info@fountainofhealth.ca.



Information for Clinicians



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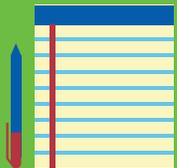


Canadian Coalition for Seniors' Mental Health
To promote seniors' mental health by connecting people, ideas and resources.

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.

The *Health Behaviour Change Toolkit* and *The Wellness App* will help you to support your patients to achieve their health goals with minimal clinician support.

Patients who register for *The Wellness App* can also receive reminders with encouragement between visits to help them complete their goal.





Why use these tools?

Self-care is key to the management of most chronic conditions, and is especially needed during stressful times. Most clinicians want to encourage their patients to make lifestyle changes to improve health outcomes. Clinicians often lack time, useful tools, support or a systematic approach to help patients improve their self-care.

The tools take only 5 minutes to use in routine care and they can be adapted to promote a wide range of health behaviours. Evidence-based, with proven results, the tools have been tested by hundreds of clinicians and patients across Canada*:

- High levels of patient goal attainment (89% paper users, 90% *The Wellness App* users).
- Improved patient well-being (85% paper users, 80% *The Wellness App* users).
- Clinicians also report that the tools are easy to use, are well-received by patients and are effective in promoting health behaviour change.

Testimonials

"I have been very impressed that even patients that I have seen for years and years are open to trying the Health Behaviour Change Tools. Many are appreciative that I am suggesting a new approach and are eager to participate."

– Clinician who used the *Toolkit*

"I have more energy, am doing more walking, reading and socializing. I found the Wellness App easy to use; it helped me keep track of my goal. I feel it is a big deal to have accomplished this goal."

– Patient who used the *Toolkit* and *The Wellness App*

How to use these tools

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:



Physical Activity



Positive Thinking



Social Connection



Taking Care of Mental Health



Brain Challenge

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.

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