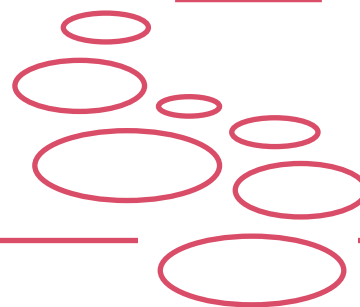


STAGE OF CHANGE STRATEGY TOOL

ACT NOW



This table provides you with some suggested strategies for clients at the different 'stages of change'. You would have determined this by using [Assessment Tool 2](#).

Stage of change	Strategies that could help
I. PRE-CONTEMPLATION	<ul style="list-style-type: none">● Talk to your client about any positive health reasons for making a change● Explain that starting the new behaviour is unlikely to cause any adverse events● Increase their confidence by discussing any past attempts at behaviour change and strategies that helped them● Address any problems that have got in the way of past attempts at behaviour change● Ask your client to write down how they (and their family members) could benefit from behaviour change● Encourage your client to learn more about the behaviour (such as benefits of healthy eating after stroke)● Ask your client to find possible solutions to barriers● Reinforce any action they take as positive (even talking about change)● Help set manageable short-term goals● Ask your client to identify another person similar to them who has made a change● Ask your client to identify how their lack of change could impact others● Agree on a reward for taking the 'first step'

Stage of change	Strategies that could help
2. CONTEMPLATION	<p>All the above strategies are still relevant for Contemplation, plus additional ones below</p> <ul style="list-style-type: none">● Begin to identify activities that your client likes and could start with● Relate their past successes with behaviour change to their ability to change now● Enlist a support person● Explore with your client the overall benefits to their health – how they will win
3. PLANNING	<ul style="list-style-type: none">● Celebrate the fact that your client has reached this stage and is ready to change● Encourage your client to explore more of the health benefits to making a change● Continue to identify activities that your client likes and could start with● Relate their past successes with behaviour change to their ability to change now● Explore with your client where they could do their chosen activity● Enlist a support person● Look at examples of similar people who have made changes – and encourage your client to imagine how that feels● Help your client think of ways to integrate the change into their daily life (there are some in Appendix II)● Talk about rewards for taking each step● Plan for substituting a current activity with a new one (e.g. eating take away on a weekend to cooking homemade pizzas)● Continue to review and develop strategies to any new barriers

Stage of change	Strategies that could help
4. ACTION	<ul style="list-style-type: none">● Start to reflect on the benefits to date● Celebrate the achievements● Continue to review and develop strategies to any new barriers● Talk about the benefits their family and friends have felt so far● Review Action Plans and progress steadily● Introduce variety and new activities● Identify role models and people who are aspirational● Continue to keep a chart of progress● Start to set long term goals
5. MAINTENANCE	<ul style="list-style-type: none">● Encourage them to keep a daily activity log● Remind your client to praise themselves● Continue to build – small steps

