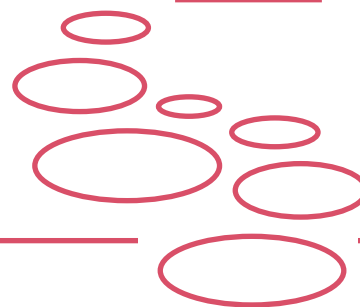


STAGE OF CHANGE STRATEGY TOOL

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 to be more active 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 exercise 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> <p>Begin to identify activities that your client likes and could start with</p> <p>Relate their past successes with behaviour change to their ability to become more active now</p> <p>Explore with your client where they could do their chosen activity</p> <p>Enlist a support person</p> <p>Explore with your client the overall benefits to their health – how they will win</p>
3. PLANNING	<p>Celebrate the fact that your client has reached this stage and is ready to change</p> <p>Encourage your client to explore more of the health benefits to making a change</p> <p>Continue to identify activities that your client likes and could start with</p> <p>Relate their past successes with behaviour change to their ability to become more active now</p> <p>Explore with your client where they could do their chosen activity</p> <p>Enlist a support person</p> <p>Look at examples of similar people who have made changes – and encourage your client to imagine how that feels</p> <p>Help your client think of ways to integrate activity into their daily life</p> <p>Talk about rewards for taking each step</p> <p>Plan for substituting a current activity with a new one (eg sit on the couch watching the news to walk around the block)</p> <p>Continue to review and develop strategies to any new barriers</p>

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

