

A 'QUICK FIVE'

ACT NOW

ASSESSMENT TOOL 1

GETTING TO KNOW YOU

These questions for survivors of stroke would be a good place to start to get a general understanding of who they are and how they might need to make some changes in their lifestyle.

1. Can you tell me how important it is to make some changes in your current lifestyle?
2. What did you used to like to do before your stroke to keep active and healthy?
3. What are the things in your life that are the most meaningful? What would you say your main interests are?
4. Do you have people in your life (such as family or friends) who you think would be keen to see you making some lifestyle changes.
5. In terms of lifestyle changes what would be one target (or goal) you would like to set yourself for the next few weeks?

These questions will be a starting point to think about what lifestyle change could look like for this client. Try to develop a program that they will connect with and that aligns with their interests.