

Dear Clinician,

The **Brain Health & Wellness Project** provides you with evidence-based tools to invite health behaviour change in frontline care. Try it out with 5 patients or more and see for yourself how it works. Use the paper tools and/or invite patients to *register* to use **The Wellness App**. Either way, you can support each patient to complete the 3 step process outlined below to set one **S.M.A.R.T.** goal in 1 of the 3 possible areas.

Note that **S.M.A.R.T.** goals are doable and **Specific, Measurable, Action-oriented, Realistic and Time-limited.**

STEP 1: Invite your patient to complete the **Health and Resilience Pre-Questionnaire** either **on paper** or on **The Wellness App** (<https://wellnessapp.ca/>). This questionnaire provides a *baseline* self-assessment of physical, social and cognitive health behaviours. (*It takes approx. 2 min, and can be completed in the waiting room on paper or electronically on the App*). Either way, please record the Health and Resilience Questionnaire Pre-score on the **Goal Doc Sheet** for your records.

STEP 2: Invite the patient to **set one S.M.A.R.T. goal** in: 1) *physical activity*, 2) *social connection* OR 3) *brain challenge*. Use the **Pre-Questionnaire** results and **Office Laminate** information to guide goal-setting. Document the goal on the **Take Home Goal Sheet** with your patient for them to keep, and on the **Goal Doc Sheet** for your own records. If the patient is using **The Wellness App**, they can log-in to record their goal-setting directly there.

SAMPLE SCRIPT: “The results of your *Health and Resilience Pre-Questionnaire* show that you feel there’s some room for improvement in your level of _____ (*physical, social or cognitive activity*). Would you like to set *one small goal* in one of these areas?” Make the goal “**S.M.A.R.T.**” by asking: “How realistic is this goal? How often will you do this activity? How confident are you that you can achieve this in the next few weeks?”

STEP 3: Book 1 follow-up visit ideally one month later, either in person or by phone, in the context of your routine care. At the follow-up, invite the patient to complete the paper-based **Health and Resilience Post-Questionnaire** or the “**4 week review**” on **The Wellness App**. Either way, please record the questionnaire/review post-score on the **Goal Doc Sheet**. (*Step 3: Takes approx. 2-5 min of the appointment time*)

Return the completed **Goal Doc Sheet** to us, and if paper-based, please also return the **Pre- and Post- Health and Resilience Questionnaires**. Options to return materials include: **Scan/ email** at: info@wellnessapp.ca, **mail** (in our self- addressed envelope), or phone Ms. Donna Howard, Project Manager at **1-833-722-2151**.

TIPS: No goal is too small! Small changes can lead to large long-term health benefits. It can help patients to link S.M.A.R.T. goals with what is most meaningful in a person’s life. Reassure patients that it is normal to restart or adjust goals on a regular basis. The Wellness App serves to provide support and encouragement.

*The Brain Health & Wellness Project materials were developed by the **Fountain of Health Initiative™**, a national initiative to promote brain health and wellness through evidence-based information and tools for health behaviour change. Additional resources are found at: www.fountainofhealth.ca. Reach us directly at info@wellnessapp.ca or 1-833-722-2151.*

The Brain Health & Resilience project is an ethics-approved national quality assurance initiative of the Canadian Coalition for Seniors Mental Health & the Fountain of Health Initiative™
Funding for this project has been provided by the Canadian Centre for Aging & Brain Health Innovation.

References

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4. *Wurm S, Warner LM, Zeigelmann JP et al. How do negative self-perceptions of aging become a self-fulfilling prophecy? Psychology and Aging 2013; 28(4): 1088-1097. Online: <http://psycnet.apa.org/psycinfo/2013-35546-001/>*

The Brain Health & Wellness Project Office Laminate

The Brain Health & Wellness Project promotes brain health and resilience across the lifespan. Being **physically active, socially connected and challenging your brain** have been shown to improve long term health and help people to bounce back from illness. Did you know that your family genes account for only 25% of your longevity? Lifestyle and attitude play a much bigger role in your long term health.

You are invited to jumpstart your health today by setting one small goal in a key area:



Physical Activity: Just moving and being active will benefit your health. Regular physical activity (150 minutes activity/week) helps to prevent depression, memory loss & dementia.

Examples: Walk indoors/outside, use stairs, use weights or bands, use a gym, garden, hike or run, try out a dance or yoga class

OR



Social Connection: Having trusted relationships (with a friend /family members or partner) is very protective for mental and physical health over your lifespan.

Examples: Call a family member, meet a friend for coffee, attend church, a lecture or concert, join a group or volunteer

OR



Brain Challenge: Learning new things right across the lifespan helps your brain stay healthy, and prevents memory loss & dementia.

Examples: Visit the library, listen to music or podcasts, attend a lecture, search online, audit a class, try a new language or instrument, or volunteer

You can set and meet your goals using the *paper tools*.

Or register for free to use **The Wellness App** at <http://wellnessapp.ca>, usable on any device

**Remember no goal is ever too small!
Small changes can lead to big health benefits over time.**

For more reading and ideas, please visit www.fountainofhealth.ca

If you have questions about The Brain Health & Wellness Project, call 1-833-722-2151 or email: info@wellnessapp.ca

The Brain Health & Wellness Project

App: wellnessapp.ca Email: info@wellnessapp.ca Phone: 1-833-722-2151
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