

Office Laminate – Clinician Information

The **Brain Health & Wellness Project** provides clinicians with evidence-based tools (paper tools in the Toolkit, The Wellness App or both) to invite health behaviour change in frontline care. Invite 5 or more patients you think are ready to set a **S.M.A.R.T. goal**, and support them to complete the 3 step process below.

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

STEP 1: Invite patients to complete the **Health and Resilience Pre-Questionnaire** either on **paper** or on **The Wellness App** (wellnessapp.ca). This questionnaire provides a baseline self-assessment of physical, social and cognitive health behaviours. Please record the **Health and Resilience Pre-Questionnaire score** on the **Goal Doc Sheet for Clinicians**.

(Step 1 takes approx. 2 min, the Pre-Questionnaire can be completed in the waiting room - either on paper or on the app once the patient registers)

STEP 2: Invite patients to **set one S.M.A.R.T. goal** in **one** of the following domains: *Physical Activity, Social Activity, Brain Challenge or Other*. Use results from the **Health and Resilience Pre-Questionnaire** score to assist the patient in goal-setting (see sample script below). Document the goal on the **Take Home Goal Sheet** for your patient to keep or record it on **The Wellness App**. In either case, please record the goal on the **Goal Doc Sheet for Clinicians**. (Step 2 takes approx. 2-5 min and is completed during the visit)

SAMPLE SCRIPT: “The results of your **Health and Resilience Pre-Questionnaire** show that you feel there is 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?” Assist **S.M.A.R.T. goal** setting by asking: “How realistic is this goal? How often will you do this activity? Is this goal doable in the next few weeks?”

STEP 3: **Book one follow-up visit** (ideally one month later), either in person or by phone, in the context of routine care. At the follow-up, invite patients to complete the **Health and Resilience Post-Questionnaire**, either paper-based or on The Wellness App. Either way, please record the **Health and Resilience Post- Questionnaire score**, patient **Goal Attainment Score** and **Well-being Score** on the **Goal Doc Sheet for Clinicians**. (Step 3 takes approx. 2-5 min of the follow-up visit)

If using paper-based tools with patients, please return the **Goal Doc Sheet for Clinicians**, and the **Health and Resilience Pre and Post Questionnaires** to your Regional Project Coordinator via **Fax 888-456-9440**, **Scan/ email** at: coordinator@wellnessapp.ca, **mail** (in our self- addressed envelope). If you require additional support contact the Project Manager at **1-833-722-2151**.

TIPS: Remind your patients, **no goal is too small** - small changes can lead to large long-term health benefits. Help your patients to link **S.M.A.R.T. goals** with what is most meaningful to them. Reassure patients that it is normal to restart or adjust goals on a regular basis. **The Wellness App** can provide patients with support and encouragement.

The Brain Health & Wellness Project materials were developed by the Fountain of Health Initiative™. This project is led by the Canadian Coalition for Seniors' Mental Health, and funded by the Canadian Centre for Aging & Brain Health Innovation.

Did you know that your family genes account for only 25% of life expectancy?
Lifestyle changes can have a much bigger impact!

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



Physical Activity: Simply moving and being active will benefit your health. Light physical activity for only 15 mins a day can increase life expectancy by 3 years. *Talk with your clinician to be sure the activity you choose is safe for you to do.*

Examples: Walk indoors/outside, take the stairs, use weights or bands, garden, hike, run or try out an exercise class.



Social Connection: Being socially active improves health and well-being; loneliness can be as bad for your health as smoking

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



Brain Challenge: Combined lifestyle factors, including challenging your brain with new learning, reduces dementia risk by up to 35%

Examples: Visit the library, listen to music, attend a lecture or audit a class, try a new language or instrument, play cards.



Other Activities: Positive thinking and taking care of mental health through yoga, mindfulness or healthy eating can improve overall well-being.

Examples: Meditate, try a yoga class, start a gratitude journal, get more rest



You can set and meet your goals using the paper tools or Register to use **The Wellness App** at wellnessapp.ca, usable for free on any device.

Remember no goal is too small

Small changes can lead to big health benefits over time.

For more information, please visit www.fountainofhealth.ca
If you have questions about **The Brain Health & Wellness Project**, contact us at
Toll free line: 1-833-722-2151 or email: info@wellnessapp.ca

The Brain Health & Wellness Project
App: wellnessapp.ca Email: info@wellnessapp.ca Toll free line: 1-833-722-2151
Fax: 888-456-9440

Clinicians are welcome to photocopy forms, but may not modify without permission
Copyright © 2019 Fountain of Health™ www.fountainofhealth.ca