

We are excited to invite you to join **The Brain Health & Wellness Project** for all clinicians across Canada. Its purpose is to promote brain health and resilience in the frontlines of healthcare. With your involvement, this project helps to shift the paradigm of healthcare away from a disease-based model to one promoting brain health by activating behaviours that reduce dementia risk.

### What is the project?

The project engages and supports clinicians working in any setting to implement health behaviour change tools to effectively help patients set and achieve one personalized **S.M.A.R.T.\*** goal with minimal clinician support. These innovative tools, developed by the **Fountain of Health Initiative™** are valuable for all clinicians in frontline care. This project will provide clinicians free training sessions, all needed material, and support from our project team of clinical trainers and coaches.

### What are the behavior change tools?

- Part of Canada's **Fountain of Health Initiative™**
- Developed by a team of national experts in Cognitive Behaviour Therapy (CBT) & health behaviour change
- Evidence-based, simple, quick and easy to use
- Field-tested in frontline care in over 500 patients
- High degree of acceptability, effectiveness in over 80% of patients
- Patients can use paper-based tools and/or register to use **The Wellness App** on any device

### What do I need to do?

- Try out the tools on 5 or more of your patients during a routine visit
- It takes 5-10 minutes as part of routine care, with a one-month follow up
- No special patient consent is required

### It takes only 3 simple steps:

1. **Invite** the patients to *self-complete* a health baseline on a 5-point *Health and Resilience Pre-Questionnaire* (on paper or app)
2. **Help** the patient to set one small **S.M.A.R.T.\*** health goal in 1 of 5 domains including *physical activity, social connection or brain challenge*
3. **Check-In** with the patient about a month later, in person or by phone. Find out if they met their goal, and complete the *Health and Resilience Post-Questionnaire*. Record results on the clinician's *Goal Doc Sheet*, which is returned to the Project Coordinator.

### Who is eligible?

Patients or clients aged 40+ years of age – there are no specific exclusion criteria except the person cannot have dementia. Patients' family members or caregivers can also be included. Virtually any health care provider in any health care setting are invited to participate.

### Support for clinicians includes:

- A free 10-30-minute education session
- Video demonstrating how tools are used in routine clinical practice
- Free materials including the *Health Behaviour Change Toolkit*
- Access to **The Wellness App** to support patient goal-adherence between visits
- Regular check-ins and support from our project team
- French resources available

\***S.M.A.R.T.** Goal = Simple, Measurable, Action-oriented, Realistic, Time-limited

For more information or to participate, please contact: The Brain Health & Wellness Project

App: [wellnessapp.ca](http://wellnessapp.ca) Email: [info@wellnessapp.ca](mailto:info@wellnessapp.ca) Toll free line: 1-833-722-2151 Fax: 888-456-9440

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