The Be Healthy Toolkit

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Overview of Workshop

- Brief summary of the Be Healthy Toolkit.
- Group Exercise
- Evolution of the Be Healthy Toolkit.
- Why we need a resource for health behaviour change for PWID.
- Presentation of the Be Healthy Toolkit.
- Group Exercise - Trying out the Be Healthy Toolkit.
What is the Be Healthy Toolkit?

- A health behaviour change resource for people with Intellectual Disabilities.
- A tool for supporting client engagement in decision making and goal setting.
- A way to embed important values and a spirit of MI into our practice.
Imagine you have a problem

A problem that’s hard to change or out of control.

An embarrassing problem that you wouldn’t want known by your peers!

What are the attributes you would want in the person that you went to for help?
The Righting Reflex

Speaker’s Topic

• Choose something about yourself that you’re willing to share that you:
  • Want to change
  • Need to change
  • Should change
  • Have been thinking about changing

BUT haven’t changed yet.

i.e. something that you’re ambivalent about
Choose a behaviour that you’re in 2 minds about

- Something that you can discuss publicly!
- Not:
  - Your IV drug use
  - Your recent ATM raid
  - Leaving your spouse and kids

- An observable and concrete behaviour
The Righting Reflex

Practitioners Role

• Find out what the person wants to change
• Explain why the person should make this change
• Give at least 3 specific benefits that would result from making the change
• Tell the person how they could make the change
• Emphasise how important it is to change
• Persuade the person to do it
• If you meet resistance, repeat the above (perhaps louder)

PS Follow the rules! No stealth reflective listening!

Remember to swap; it’s your chance to get even
A result of the collision is that we re-enact the person’s ambivalence where we take all the good lines!

Since we believe what we say ourselves, we need to leave these lines for the other person.

MI helps us to do this.
The Be Healthy Toolkit?

- Health Behaviour Change:
  - Eating fruit and vegetables
  - Getting some exercise
  - Drinking water

- Provides choice in health behaviour change.

- Development of a realistic and achievable & individually tailored plan.
Health Behaviour Change is Hard

- Personally meaningful reasons for change.
- Ambivalence
- Low confidence
- Realistic and achievable, individually tailored plans.
- Consideration of barriers.
Why Health?

- Health of PWID is poor.
- Increased mortality.
- Higher risk of developing secondary health conditions.
- Inaccessibility of health promotion.
- Clear need to promote healthy lifestyles & healthy choices.
Evolution of Be Healthy Toolkit

DOHA funding-Chronic Disease Self Management Lifestyle and Risk Modification Grants

1. Train the Trainer programme with Health Coaching Australia.
2. Introductory and Advanced Training in MI.
3. Healthy lifestyle training with staff.
4. Gentle fitness group.
Client Book - My Be Healthy Book

- Belongs to the client
- Simple language
- Visual aids
Be Healthy Toolkit

Section 1
- Outline of the Be Healthy process
- Principles Underpinning the Be Healthy Process
- Rationale
- Health promotion messages

Section 2
- Who should assist the PWID
- Preparation and Implementation
- Script
The Be Healthy Process

• Introduce the My Be Healthy Book to the client

• Provision of information.

• Different ways to look after your health.

• Three different ways are presented-drinking water, eating fruit and vegetables and getting some exercise.
The Be Healthy Process

- Do you want to work on one of these?
- Specific options are presented and discussed.
- Invite PWID to choose one option.
- How will you remember to do this?
- How will you keep track of it?
- Consultation planning and preparation.
The My Be Healthy Book
My Be Healthy Book

A photo of me.

Name:
Introduction

It is important to look after my body.
Looking after my body is looking after my health.

My heart and lungs

My brain

My bones and teeth
Looking after my body helps me feel okay and stay well.

Looking after my body means I can do the things I want to do.

A picture of an activity I like to do.
Some things I can do to be healthy are:

- Drink water
- Exercise and be active
- Eat fruit and vegetables
My Be Healthy Book

Do more exercise
The good things about exercise are:

Feeling happy

Being strong
The good things about exercise are:

- Don’t get sick as much
- Strong heart and lungs
The good things about exercise are:

Losing weight

It helps when I am angry or worried.
Some ways I could exercise are:

Swimming

Stretching
Some ways I could exercise are:

Walking

Working in the garden

or doing housework
Other ideas for exercising are:
My choice is to:

A photo of me exercising.
When I ...................................

I will ..................................
Pairs Activity

- Have a go of the Be Healthy Toolkit.
- Break into partners
- 1 person is the client, the other is the support person.
- Use the script if you want.
- Or just use the client book.
Feedback from Pairs Activity
Thank you

Please contact us if you want more information

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