

ASK: *“May I have a brief chat with you about how you can best look after yourself at home? “*

Provide feedback: *‘From what you’ve told me, you may benefit from putting into place some simple ideas to self care’*

Listen and look for their response. Are they responding positively?

EXIT STRATEGY – for those who are OK:
Provide positive reinforcement. *‘Well done, keep it up!’*

EXIT STRATEGY – for those not interested:
Close the conversation *‘It’s fine if you don’t want to discuss this now. You’re welcome to come back and ask questions at any time’*

ADVISE: Offer brief advice containing the following:

“There are some tips I can share which you may find helpful.

*Have healthy lifestyle behaviours: **eat well**, things like high fibre foods, starchy foods, skimmed milk, lean cuts of meat and plenty of fruit and vegetables, and cut down on portion sizes; **keep hydrated** – have 6-8 glasses of water a day; **keep active every day** – aim to be active for 30 minutes at least 5 times a week; **stop smoking**– quit completely with a combination of treatment and support; **limit alcohol use***

Keep connected –keep in touch with friends as much as possible

Take your medications properly - and chat with your GP if you have any concerns about side effects

Keep well – get your flu jab and **Keep warm** –it’s important to stay warm in cold weather, **Keep safe** – there are handyman services to help

Pace yourself – have a daily plan to achieve things and take a rest if needs be

POP IN A POSITIVE: *‘Think positively every day. We’ve got some great support locally and online to help you to be as healthy and well as possible ’*

Provide person with information. *‘Here’s a leaflet to help get you started.’*

ASSIST: Signpost to ONE YOU, NHS Choices, Age UK and local support