

## MECC FOR INTEGRATED CARE (GENERIC)

**ASK:** USE A PERSON-CENTRED APPROACH TO RAISE ANY PERTINENT ISSUES, SO THAT WE CAN IDENTIFY THEIR STRENGTHS OR CONCERNS (NOT OURS)

*"What matters most to your wellbeing?"*

**EXIT STRATEGY –**  
Not interested?

*'It's fine if you don't want to discuss this now. You're welcome to come back at any time'*

**Provide feedback:** that reflects their wishes and clarifies any areas of concern and particular strengths eg *"It sounds like since you got home from hospital you have stayed at home a lot and now you are ready to be a bit more active and get out and about to meet friends a bit more"*

**EXIT STRATEGY –**  
Doing well?  
Provide positive reinforcement.  
*'Well done, keep it up!'*

**Are they responding positively?**

**ADVISE:** NOT advice giving in the usual sense. Use the Elicit –Provide – Elicit framework

**Elicit:** *"You mentioned you would like to be more active. Can you tell me what you know about how much physical activity you need to do in order to benefit your health?"*

**Provide:** *"Aim to be moderately active for at least 150 minutes a week – do a range of activities - brisk walking is good for a healthy heart and mind; do some activities to build strength for your muscles, bones and joints; and do some activities which are good for flexibility and balance too"*

**POP IN A POSITIVE:** *'Start small and build up gradually. Just 10 minutes at a time provides benefits'*

**PROVIDE INFORMATION.** *'Here's a leaflet to help get you started.'*

**Elicit:** *"How does that sound to you? How would you choose to be active? Is there anything else that you need to know?"*

**ASSIST:** Signpost to ONE YOU, CHANGE 4 LIFE, NHS Choices or to local services

**WHO ELSE NEEDS TO KNOW?** Who is the person's Care Co-ordinator? Who else needs to be informed of any decisions? Have you gained permission to share information?