



Moving More Often and “Having a Good Conversation”

To help you **have a Good Conversation** with those you visit at home this provides prompts and reminders on how to encourage persons experiencing care to choose to spend less time sitting and safely and confidently, **MOVE MORE OFTEN**.

Step 1. ASK – key questions you could use in your conversation

An importance question – e.g., how important is it to move more often, what things would you like to be able to do?

General question about moving and helping e.g., what sorts of things do you do each day that get you moving?

Concerns and barriers to moving e.g., what concerns you about moving more or might get in the way of moving more?

Key reminder – help each person experiencing care think about what is important to them and what they can do

Step 2. ASSESS - each person experiencing care using the COM idea (to understand their motivation, not their ability)

Do they think they are **CAPABLE** e.g., is their choice realistic, easily achieved, are they confident and will they be successful?

Do they have the **OPPORTUNITY**, e.g., their choice fits their daily routine and circumstances

Are they **MOTIVATED** to try, is what they choose important to them, will it help them and make a difference to their day?

Key reminder – find opportunities that are important, convenient and easy to do

Step 3. ADVISE (and ASSIST or ENABLE?)

Using MMO card to “seal the deal” that’s a yes?

When can you find time (best moments) to do this? (realistic and convenient prompts and times of the day) to initiate new behaviour/habits.

Would it help to build confidence and run through and practice the intended action(s) and movement?

Who else (family members?) could assist these actions?

Agree and record the intended action(s) on the MOVING MORE OFTEN tool and place in a visible place as a prompt reminder of their motives and intentions.

Key reminder – leave the person experiencing care with a simple plan of what they intend to try and why

Step 4. Positive endings

Start with one or two or simple actions or movements that are achievable and will be successful.

Share that you would like to follow up their intended action(s) to see if the person experiencing care was successful and has made progress.

If no action has been decided at this time, leave with the idea of continuing the conversation at a later date.

If no action has been decided at this time, remember, it is the person experiencing care's choice. Neither of you has failed.

Key reminder – always leave with a positive and motivational message