

A visual aid for The Lifestyle Conversation

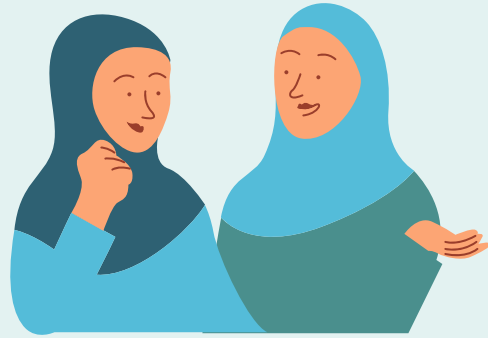
The Lifestyle Conversation (Lifie) can be a stand-alone consultation or, in a briefer format, integrated into a normal clerking. The questions below are only indicative and can be adapted by style and circumstance.

1. Opening* (Who?)

"How do you look after your general health?"

Use of OARS

*Such questions can be important even where the focus of the problem is already clear



2. Scan, Zoom & Focusing (What?)

Scan: "can we look together at aspects of your lifestyle?"

Zoom "Zoom: e.g. "sleep is clearly an issue, shall we take a closer look?"

Focus: "of the things we have discussed, what's your priority?"



3. Kindling (Why?)

Helping the client to identify their reasons for making a change.
Offering relevant medical information on harms.

e.g. "What would be great for you about....?"

e.g. "Can I share some medical knowledge on this ..."



4. Planning (How?)

Inform: providing important information

"Can I share some things that have worked for other people?"

Connect: to other organisations, resources, and people.

"This website has links to things that might help"

Encourage:

"I am interested in what ideas you had already had for tackling this"



5. Closing (When?)

Summary of motivations and planned actions
Immediate next steps

"What might you do differently today?"

Rehearsal: "Walk me through how you will do things next time ..."

