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| **Knowledge Organiser – Health and wellbeing improvement plans (C1)** |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Action:** | **Improve diet** | **Exercise/fitness** | **Counselling for people with dementiaFriends/Isolation** | GoodTherapy | Good Grief: Why the DSM-V Is Wrong About Bereavement and  Depression**Bereavement** | **Cannabis** | | **Short-term targets**  **(Less than 6 months)** | * Get advice on how to balance meals * Plan meals for the week * No snacking during the week * Use internet to cook healthy meals * Consistent timing of meals * Eat healthier alternatives | * Take the stairs instead of the lift * Go for a walk at lunch time 3 days per week * Get off the bus 1 stop before * Attend a fitness class * Exercise using online app/video | * Research local community groups * Start a new hobby/interest * Research and join social media such as Facebook * To leave the house 4 times a week and have a short conversation | * Avoid alcohol, smoking * Get help with symptoms of grief (lack of sleep, anger and guilt) * Advice/counselling on lifestyle changes to make you feel in control * Relaxation/medication apps | * Accept help * See a health professional * Take legal alternatives * Take up a new hobbies/activities * Change friendship group * Keep track of drug use | | **Long-term targets**  **(Over 6 months)** | * Eat 5 portions of fruit/veg per day * Limit takeaways to 1 per month * Follow the eat-well guide * Calorie controlled diet | * Join the local gym and attend 3 days per week * Walk 10,000 steps every day * Exercise 30 mins 5 days per week | * Join a social club * Attend social club regularly * Use social media to contact and stay in touch friends | * Manage the symptoms of bereavement to * Adjusting to the present work/hobbies and activities | * Regularly attend a support group to help addiction * Stop using illegal drugs | | **Source of support and how it can help** | * Family to prepare healthy meals for support and less calories * Friends to not eat takeaways for support and encouragement * Join weightwatchers for advice, support and encouragement | * Ask a friend or work colleague to walk with you for support, encouragement reduce boredom and less likely to quit * Exercise with friends burns calories and improves fitness | * Friends/family visit regularly for encouragement prevent isolation * Friends/family to attend social activities for support/transport * Community groups for information, advice and encouragement | * Friends and family to support through listening and sharing feelings * Counselling to support and provide information and advice * Doctor monitors emotional health | * Family to research support groups to understand the consequences * Friends and family to attend appointments for support * Drug support group for advice and encouragement | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Action:** | **Smoking** | **Alcohol** | **Blood Pressure** | **Lose Weight/BMI** | **Increase peak flow reading** | | **Short-term targets**  **(Less than 6 months)** | * Reduce cigarettes by 1 per day each week * Take nicotine replacement * Only smoke in social situations * Research dangers of smoking * Professional support if required | * Drink low/non-alcohol beer * Start a club/hobby that does not involve alcohol * Drink water with meals * Reduce units by 3 each week * Professional support if required | * Avoid high fat/salt foods * Eat healthier alternatives * See a health professional * Walk 30 mins three time per week * Start meditation techniques * Avoid stressful situations | * Reduce takeaways to two per week * Don’t buy unhealthy snacks/drinks * Walk 20 mins three day per week * Reduce fat and sugar intake * Lose 1 pound a week * Eat healthy alternatives | * Get professional support to check for respiratory a respiratory condition * Increase exercise by, joining a fitness club, use online apps * Improve peak flow reading by 10% | | **Long-term targets**  **(More than 6 months)** | * Quit smoking * Use the NHS helpline if required * Continue counselling if required * Save money for 6 months and treat yourself | * To have no more than 14 units of alcohol per week * Stop binge drinking * Continue community support groups if required * Continue counselling if required | * To have a blood pressure of 120/80 * Attend fitness club twice per week * Regular monitor blood pressure * Regular meditation * Ensure you have a work life balance | * To have a BMI under 25 * Eat 2500 calories per day * Attend a fitness club twice per week * Eat five portions of fruit and veg per day | * To get within 30% of a normal peak flow reading * Exercise 30 mins 5 days per week * Walk 10,000 steps every day | | **Source of support and how it can help** | * Friends to not offer or smoke cigarettes around them so they do not crave * Friends also quit for support * ‘Quit line’ to give advice, support, information, and encouragement * NHS online support, give advice, information and support | * Online support for encouragement and advice * Friends to start a hobby to reduce opportunities to drink * Friends also reduce intake for   Support   * Support group for advice, information and encouragement | * Doctor to provide advice and   support monitor blood pressure   * Family to cook healthy meals to   reduce calories, prevent snacking   * Friend to walk/exercise with, to   provide support/encouragement   * Meditation DVD to relax/unwind * Work colleagues to support | * Family to prepare healthy meals for support reduce calories * Friends to not eat takeaways for support and encouragement * Friend to join fitness club for support and to burn calories/fat | * Doctor/health care worker to monitor peak flow reading and respiratory conditions * Friends and family to drive to appointments/fitness classes * Friends and family to join in with fitness classes for encouragement and support | |