|  |
| --- |
| **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
 |

 |