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| **Knowledge Organiser – Obstacles to implementing health plans (C2)**  |
| **Reasons why targets become unachievable****Unclear targets:**Targets must be clearly defined. The person will give up if they don’t know what they need to do**High expectations:**If targets are set too high, they will be unachievable. People will be reluctant to start the plan if they feel they can’t succeed. You must ensure there is enough time to make changes and set step by step targets to keep them motivated**Too many targets:**Multiple targets can be overwhelming if too many lifestyle aspects are changed at once**Unsuitable targets:**Targets must be suitable for each individual person. A plan for an elderly person with mobility difficulties will be very different to an active younger person **Poor timing:**The start and the time allowed for each target will affect the persons chances of success. E.g. It may be more difficult to stop smoking or drinking over the Christmas period |  |
| **Geographical**  |
| **Possible obstacles:*** Service is difficult to get because of poor bus or train service
* Attending health services as they are too far away

**Suggestion to overcome it:*** Voluntary services can arrange hospital transport
* Suggest helplines or internet support groups
* Arrange transport to and from home
* Enlist the help of family to accompany the person, share lifts with others
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| **Lack of support** | **Emotional/Psychological** | **Financial** |
| **Possible obstacles:*** Lack of support from friends (They may continue with an unhealthy lifestyle)
* Difficulty getting into or building or to access support
* Nowhere to park near the service

**Suggestion to overcome it:*** Encouragement and support by friends and family
* Be aware of services that have easy access
* Ask friend/family member to drop them off or attend fitness classes and medical appointments
* Change their lifestyle to that of the individual needs
 | **Possible obstacles*** Fear of being judged because there is a stigma around the health problem such as addiction and obesity
* Cravings for alcohol, nicotine, drugs
* There may be peer pressure to continue with lifestyle
* Poor self-esteem affects motivation to change
* Embarrassed about joining a support group
* Feel unable to make changes
* Unachievable targets
* Lack of motivation
* Acceptance of current state

**Suggestion to overcome it:*** Talk about concerns and reassure, direct person to charity for support
* Ask friends/family not to offer addictive substances
* Suggest attending with a friend or using an online support group
* Enlist family and friends to offer encouragement and practical support
* Remind them of the benefits of sticking to the plan
* Choosing activities, they enjoy and give reassurance and encouragement
* Record money saved and plan rewards
* Ensure targets are achievable and ask them to think about possible change
* Break down targets into small steps so that progress can be seen
* Help the person understand the long-term health risks of staying the same and the benefits of making change
 | **Possible obstacles:*** Charges to use the service (dentist, optician, physio)
* Time off work would mean loss of pay
* Cost (health food, transport, gym membership)

**Suggestion to overcome it:*** Check entitlements such as benefits and free treatment
* Some councils offer free fitness classes
* Run, walk or take up gardening and use free fitness apps
* Cook food instead of ready meals and make packed lunch instead of eating out
* Combine visits e.g. health centre and shopping
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| **Time constraints/resources** | **Individual needs (disability/addiction)** |
| **Possible obstacles:*** Time constraints (Caring for young children/family members, work/study commitments, domestic chores, medical appointments)
* Limits on services such as support aids and equipment
* Staff shortages leading to long waits for appointments
* Lack of access to fitness facilities/equipment

**Suggestion to overcome it:*** Work life balance
* Suggest sources of second hand equipment
* Look for alternate strategies
* Use scales at the local pharmacy or sport centre
 | **Possible obstacles:*** Disability: (language, learning, mobility difficulties. Embarrassed or feel they are unable to make changes)
* Addiction: (May struggle to admit addiction, Thinking may be difficult, cravings, peer pressure and poor self-esteem)
* Cultural needs not understood

**Suggestion to overcome it:*** Provide support services that meets the person’s need such as interpreter or leaflets explaining the health issues
* Use anti-discriminatory practice
* Explain in a way that is appropriate to the individual’s level of understanding
* Boost self-esteem and ask friends to support & encourage
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