

Lifescrpts: Indigenous resources

(2009)



Type: Resource package

Description:

This resource kit focuses on the five lifestyle risk factors for chronic disease: smoking; poor nutrition; alcohol misuse; physical inactivity; and unhealthy weight. The kit contains evidence-based tools (based on research results) to enable general health practices to assist patients to modify and/or change their lifestyles. The resources include a:

- patient brochure
- healthy lifestyle action plan
- separate action plan for each of the five risk factors
- lifescrpts flipchart

The resources use pictures to illustrate the key messages. Topics covered are:

- smoking
- poor nutrition
- alcohol misuse
- physical inactivity
- unhealthy weight

Producer:

Department of Health and Ageing, Canberra

To order copies of this resource

National Mailing & Marketing

Ph: (02) 6269 1000

Email: health@nationalmailing.com.au

When to use this resource:

A full range of *Lifescrpts* resources have been produced specifically for use with Aboriginal and Torres Strait Islander people. The resources can be used by Aboriginal Health Workers, general practitioners and practice nurses within general practice or in Aboriginal and Torres Strait Islander health care settings. The resources have been developed to assist health professionals address lifestyle risk factors for chronic disease with their clients.

The resources give health practitioners a way to discuss and create individual goals for their clients, and to organise support arrangements. It gives the practitioners information on:

- the risk factors
- the five practice steps to follow when working with clients (ask, assess, advise, assist and arrange)
- the 'stages of change' model that clients can work through (not ready to change, unsure, sure, keeping the change)

View website:

Department of Health and Ageing

<http://www.health.gov.au>