

Wellness Questions

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Measurable Questions:

A systematic way to count and compare answers

- Doing...is measurable
 - Are you interested in tennis?
 - 0 Not
 - 1 Interested, already participating
 - 2 Interested, not participating
- Being... in COLLAGE is time measured
 - How many hours have you participated in fitness/exercise in the last three days?
- Yes/No
 - Do you have a pet? Y/N
- Personal rating questions
 - How would you rate your health?
excellent, good, fair, or poor

How the Question is asked

“Mrs. Jones! Do you do any exercise at all?!”

versus

“ In the last three days, how many hours of exercise have you participated in?”

If you are handing out the Wellness Questionnaire

- Put on a face sheet for confidentiality
- Write an introduction
- Copy it in a legible manner
 - At least 12 point
 - Ariel or Calibri Font for aging eyes
- Indicate a deadline date on the front page for it to be returned
- Indicate where the form should be returned
- Give a number to be called for questions
- Have it stored in a locked file after it is returned.

Suggested Introductory Pages

(front page)

Resident Name: _____

Resident Address: _____

COLLAGE Wellness Interview

Date to be returned: _____

Where to be returned: _____

Suggested Introductory Pages

Organization Letterhead

Welcome to the Collage Interview

- Your answers to these wellness questions will help us to ensure you have a healthy, happy year.
- All answers are confidential.
- Return your completed interview to _____ at 4 PM in the _____ Center.
- If you have any questions about how to fill out the form, or need help, please call _____ at _____.

Thank you for your participation,

One on One Wellness Interview

“OARS”

- Open Ended Questioning
- Affirming
- Reflective Listening
- Summarizing

Motivational Interviewing

- Roots are from Prochaska's 1980's Transtheoretical Stages of Change; evaluating a person's readiness to change.
- Two decades ago, William Miller took this framework and expanded it to Motivational Interviewing; by working on clients' ambivalence to change.

Resident Readiness to Change (Level of Motivation)

- 2 Kinds of Motivation
 - for your
 - *“change talk”*

1. Importance to the resident
2. Confidence of the resident

Readiness To Change

1. Pre-contemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance

COLLAGE

Covers Eight Domains of Wellness

- Vocational/Occupational- using unique gifts and talents
- Spiritual- search for meaning and purpose in human existence
- Physical-
 - need for physical activity
 - healthy nutrition
 - mental balance
- Intellectual- creative, stimulating mental activities
- Social- interdependence between people

Suggested Reading

1. Changing For Good. Prochaska, JO; Norcross, JC; DiClemente, CC. William Morrow, 1995.
2. Elderly People's Definition of Quality of Life. Xavier, FM, et al. Rev Bras psiquiatr. 2003;25(1) 31-39.
3. Happiness is Everything, or Is It? Explorations on the Meaning of Psychological Well-Being. Ryff, CD. Journal of Personality and Social Psychology. Vol 57(6), Dec, 1069-1081.
4. Motivational Interviewing: Preparing People for Change. Miller, WR and Rollnick, S. The Guilford Press 2002.
5. Quality of Life, Values, and Teamwork in Geriatric Care: Do We Communicate What We Mean? Clark, PG. The Gerontologist 1995 35(3): 402-411.
6. Staging: A Revolution in Helping People Change. Prochaska, JO. Managed Care. 2003. Sept: (Supplement)12:6-9.
7. Using the Stages of Change. Norcross, JC and Prochaska, JO. Harvard Mental Health Letter, May 2002.