

Exercise– Client Plans

Step 1 - Negotiate changes or tasks

Before you start, try and find out what other goals health professionals have asked your client to try. You may just want to reinforce those goals.

You should only have one plan for each session.

Depending upon the client, choose up to a maximum of **4 changes** or up to a maximum of either **4 tasks** or **6 items of knowledge**, you want the client to consider.

For changes only

Write these down in legible writing on the **Client Plan – Changes**

Ask the client to rate them:

Y	Yes, I really want to make the change
?	I would be a good idea but ...
N	No, not now

Step 2 - Set goals or tasks

Depending on the ratings given by the client select either:

- **1 or 2 changes** as achievable goals
- up to **4 tasks**
- up to **6 items of knowledge**

Write what has been chosen on the **Client's Plan – Goals, tasks or knowledge**

Ask the client if they will try? Then set a review time.

Step 3 - Review goals or tasks

During the review, rate the achievement of each goal with the client. (Make sure you are positive about the outcomes, do not be negative.)

Y	Yes, I have reached my goal, done my tasks or remembered.
?	I would have but ...
N	No, I couldn't

Step 4 - Record the outcomes

The outcomes of the education should be record in the client's medical records.

Name:	Date:
Client's Plan – Change suggestions	Prepared to do

Name:	Date:
Client's Plan – Goals, tasks or knowledge	Achievement

Exercise

Examples of **tasks** the client may find appropriate

What to get

When you start:

- 2 empty plastic bottles which you can fill with water
- A piece of exercise elastic

When have been exercising a while:

- A pair of metal weights which aren't too heavy

What to do

Always wear shoes and socks when exercising.

Try strength exercise at least 3 times a week to make your muscles strong.

Before starting doing strength exercises, choose 6 exercises.

Then talk to your doctor to make sure you can do the exercise you have chosen.

The other remaining days in the week you can do other kinds of exercise like walking or doing jobs around the house or garden.

If you want to swim talk to your podiatrist, nurse or doctor first.

Strength exercises:

Gardening and housework are strength exercises.

Home exercise are:

- Warming up. (Example walking on the spot), plus
- 6 different strength exercises for between 1 and 6 minutes each.
- You can finish with 1 o2 stretch exercises.

TV exercise

- Walk around or stretch for 1 advert break for every program you watch.

Examples of **goals** the client may find appropriate

Exercise every day

- Do strength exercises at least 3 times a week.
- If you choose home exercises start by only doing 1 to 2 minutes for each exercise then increase it for as much as you can manage.
- Do TV exercise

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