Ask
Screening for SNAPW risk factors as part of the routine assessment process

Assess
Assessment of clients’ readiness to change

Advise
Provide feedback on SNAPW risk factors and brief stage-matched counselling for lifestyle change over at least two visits

Assist
Refer to support services for more intensive intervention (especially high risk clients)

Arrange
Follow up progress at subsequent visits

Stage-matched assistance for lifestyle change

Stage Approach

Pre-contemplation/ Brief advice

Contemplation brief motivational interviewing

Preparation/action goal setting /action planning

Maintenance reinforcement, relapse prevention

Relapse relapse management