Figure 2. The HCA Model 10 Step Framework (used with permission from Health Change Australia).

HCA Model of Health Change
10 Step Framework

Set the Scene & Explain Your Role

① Identify Clinical Issues & Lifestyle & Treatment Categories
② Prioritise & Choose a Category to Work On
③ Ask RICK®
④ Make a Decision
⑤ Generate Some Options
⑥ Choose & Refine an Option
⑦ Create an Action Plan
⑧ Identify & Address Barriers
⑨ Ask RICK
⑩ Consider Review & Referral

Build Motivation
Build Confidence

RICk = readiness, importance, confidence, knowledge

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