***Assessment Home Visitation Introduction Script***

Hello, our names our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and as you know we are physicians from the Children’s National Medical Center. We would like to start by saying thank you for accepting our invitation to complete a home visit.

-Is there somewhere we can sit, or a place where you would like to talk so we can discuss more about this program.

*-Our goal is to make this process as comfortable for you and your family as possible, and we want to start by saying that if you feel uncomfortable or would like to not answer any specific questions please let us know. Also, please let us know if you need to end the visit at any time. Lets start by discussing an overview of this program. As I mentioned when we first met, our purpose is to help you navigate through some common barriers and to help you optimize your family’s health. It is one thing to give you recommendations from the office setting but having extra time with you and seeing your home and neighborhood allows us to create a completely personalized plan for you. Today’s visit should take about 60minutes and will just be an assessment, with an opportunity to set a specific goal at the end. We would then come back for another 60 minute session at which time we would discuss personalized interventions for your family to improve your overall health. Unfortunately, I am on call at the main hospital and may have to leave quickly at any point.*

***Checklist Script***

*-I would like to now transition to our Healthy Homes checklist. We have compiled a list of different items that we would like to observe in your home alongside with you. We understand that this can be very uncomfortable and so please let us know if there are any places in which are off limits for our team. Ideally, we would like to visit your kitchen, living room, and bedrooms. Would you like us to not visit any of these places? And do you have any questions?*

*-Alright, well lets gets started in the kitchen and we will go from there.*

***End of Assessment Home Visit Script***

*So we’ve gone over a lot of things today. I am very encouraged, because I see plenty of room for us to make some small changes together that I really think will help your family. There are 5 big goals that we want each of our families to be reaching for to set a standard of health in the household.*

* *5 fruits and vegetables*
* *3 structured meals*
* *2 hrs or less of TV time(more TV, stay up later and eat more. Commercial influence)*
* *1 hr or more physical activity*
* *Almost None sugary beverages(<4-6oz for <6yo;<8-12oz for >6yo) drink more water and low fat milk*

*-This sheet is called our road map to success, and as you can see here we are promoting our 5,3, 2, 1, almost none, and the healthy plate that we would like you to try to match during meal times. I know it looks hard, but we know you all can do it.*

*-The last part of this document is our “Healthy Homes goal setting piece.” Here is the area, where you can really start and make some improvements. If I were to ask you 1 physical activity and healthy eating goal that your family would like to do for the next few weeks what would it be….(Help family to make it more SMART- Specific, Measurable, Attainable, Realistic, Timely)*

*1.)That sounds fantastic, on a scale of 0 to 10,with10 being the highest, how important is it for you to change your...[behavior]?”(Child/Adult).*

*2) “On a scale of 0 to 10, assuming you wanted to change your behavior, how confident are you that you can do it?”*

*3) “Why did you not choose a lower number?” This question allows the patient to make the argument for change.*

*4) “What would it take to get you to a higher number?” This question identifies barriers and obstacles to change.*

*-So, it sounds like we have a goal and plan for the family. Please place the Road Map to Success on the refrigerator so everyone can see it. Lets discuss when we can set up our follow up meeting with your family in 4 weeks. Just a reminder that on the next visit we will be discussing more tailored ideas to really optimize your health after I sit and review all this great information. I will leave you with this worksheet to start thinking about other ways to set goals to make our next meeting a little easier, thank you all and we will see you in a few weeks.*