***Intervention Home Visit Script***

***Introduction Script:***

*Hello again,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, just a reminder our names are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. We are very excited that you did invite us back into your home for our last visit. Todays, visit will again be about 60 minutes and we will leave you with some resources and discuss ways to really improve some of the great choices you are already making. Same as last time, please let us know if there are any questions that you do not want to answer or if you need to end the visit at any time.*

*Let’s start with just talking about how you (or your family) have done with your goals?*

*-(Find one piece that they were able to do and motivate than on their success!)*

***Reinforcing Positive Behavior Script:***

*Lets start with just talking about how you all have done with your goals?*

*-(Find one piece and motivate them on their success!)*

*-Today our goal is to help you create an environment where the easy way is the more healthy way. We want to make your path of least resistance being foods that are more healthy and a lifestyle that is more rewarding.*

*-So lets spend the next 20-30 minutes talking about our goal setting, and we can break it up into overall goals for the Family, Healthy Eating Goals, and Physical Activity Goals.*

***Healthy Homes Action Plan Sample Script:***

*1) Reinforce positive behavior. “I can see that Susie is eating a number of fruits and vegetables.”*

*2) Raise concern about unhealthy behavior. “However, I also see that Susie is drinking two sodas a day and watching more than 3 hours of TV”.*

*3) Shared agenda setting.*

*“Which of these subjects— the sodas or TV — would you like to talk about?”*

*“What problems, if any, do you have with Susie drinking sodas (or watching TV)?”*

*4) Pros and cons of change.*

*“What are some good (positive) things about Susie drinking sodas (or watching TV)?”*

*“What are some negative or not so good things about sodas (or TV)?”*

*5) Providing information.*

*“Would it be OK if I shared some information with you?”*

*6) Assess importance and confidence in changing behavior.*

*Probes regarding lower and higher scores. “Why didn’t you pick a lower number?” “What would it take to get you to a higher number?” If response is a 9 or 10, skip probe. Reflect:“It seems that this is very important to you“ or, “You are very confident.”*

*7) Summarize . “I would like to take a moment to go over what we have discussed today, if that is OK.” Review pros and cons (emphasize the pros) of changing the behavior. Ask “Is there any- thing that I have left out or that you would like to add?”*

*8) Closure — and next step. a. If ready to move toward change: “What might you want to do about this?” “What do you think might be a first step?” b. If patient doesn’t respond: “Would it be OK if I shared some strategies that have worked for other families?” or “Sometimes changing many things at once is more difficult than doing one thing at a time. How do you feel about that?” c. If not ready for change: “It seems that you are not ready to make a change in Susie’s drinking sodas (or cut- ting back on TV) now. Perhaps you can think about what we have discussed today, and next time we can talk about some of these issues again. Maybe there is some- thing else that seems more important to you at this time.”*

*-(After reviewing Family, Healthy Eating, Physical Activity Goals, share with the family our materials).*

*-We would like to give you a few materials to help with some of these great changes you have discussed. Lets follow up in clinic in 1-2 months with me and we will continue our conversation.*

*-Do you have any questions?*