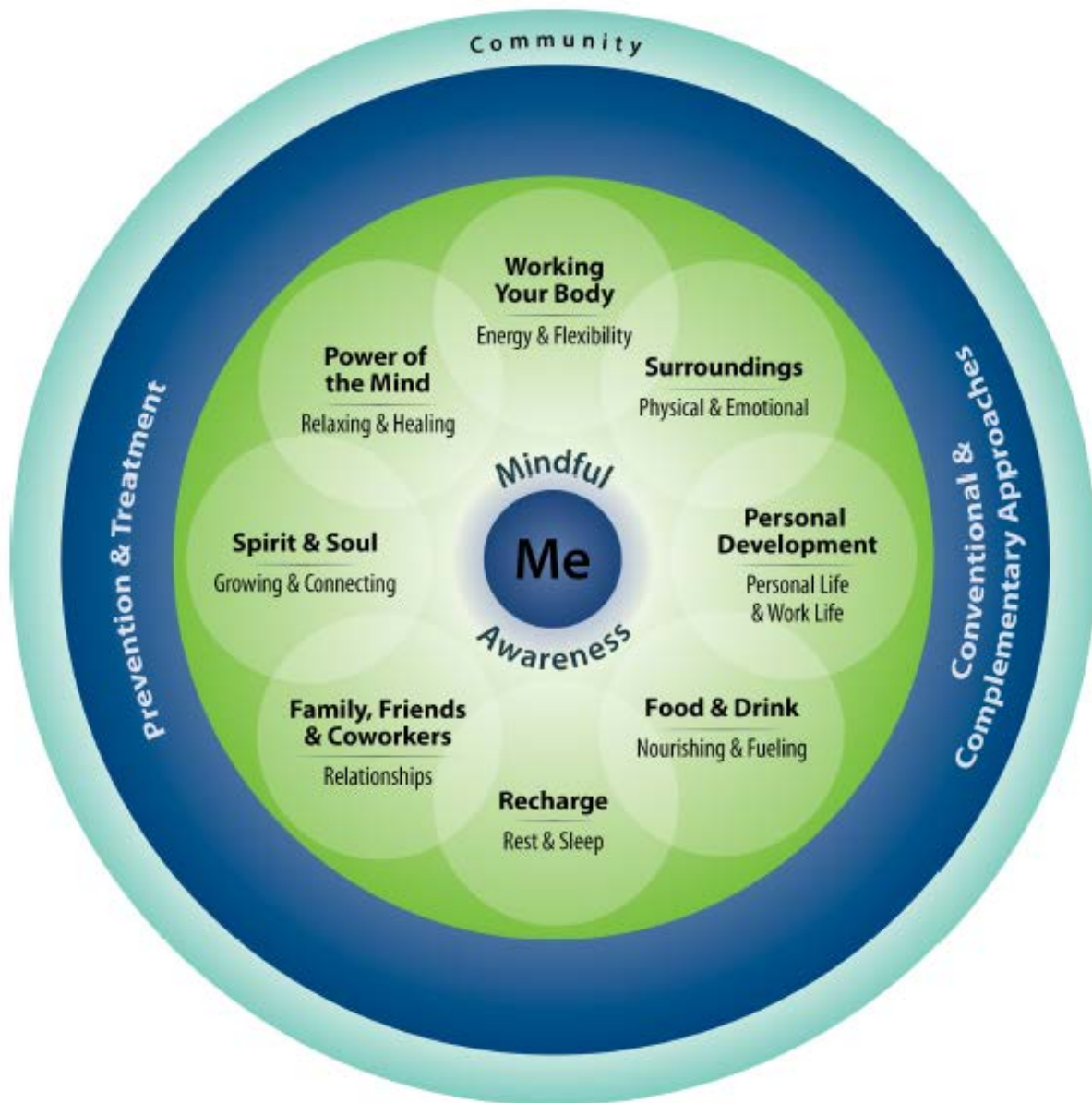


“Circle of Health”

Components of Proactive Health and Well-Being



Using the Circle of Health: The Basics

A

START THE CONVERSATION: SHARE THE CIRCLE

Use this tool with Veterans to quickly to explore areas of their life. Show them the Circle and use it to facilitate a brief discussion. Explain that their wellbeing/health starts at center with “Me” --- who they are as a person --- and expands outward to encompass mindful awareness, eight areas of self-care (briefly read through them), professional care, and the community. Ask the Veteran to describe who they are as a person and share what matters to them in their life.

Example conversation starters:

“It would really help me partner with you in your care if I understand what is important to you in your life. Would you be OK telling me what really matters to you in your life?”

Follow-on questions:

“How does your current health impact what is most important to you?”

“Is there an area on the “circle” that stands out that you would like to focus on?”

“What’s going on in that area of your life?”

B

WHOLE HEALTH ASSESSMENT AND SHARED GOALS

Bring together the whole health assessment information about what matters to the Veteran, their health risks, diagnostics, and the clinical exam. Link the Veteran’s health goals with what brings meaning to their life and their priorities. Partner with the Veteran and set shared goals that are congruent with the Veteran’s life goals and health goals.

“You’ve shared that your fatigue is interfering with your ability to work, which you’ve said is the highest priority in your life right now. “ Use motivational interviewing techniques to enhance motivation toward setting a goal, and pursuing that goal by exploring the person’s own rationale for change. If the veteran is willing and ready, you might suggest “Given we have identified the need to improve the control of your diabetes so that your fatigue improves and you can work, let’s work together to set some goals that will help you move in that direction.”

Next, set **SMART** goals that are: Specific, Measureable, Actionable, Reasonable and Time-Delineated.

“What steps are you interested in taking to make a change in this area?”

“What are some of the strengths that have helped you make changes in the past?”

“On a scale of 1 – 10, how confident are you that you can make this change?”

C

PERSONAL HEALTH PLANNING AND ACTION

Guided by the veteran’s personal mission and the shared goals you and the veteran have developed, develop a plan to help the veteran achieve their goals. This plan may include actions related to self-care, professional care, skill building/education, consults/referrals, timelines and/or follow-up. If needed, connect/refer the Veteran to others who can help him/her meet their needs by providing skill building, training and resources in the areas the veteran needs to succeed and build on areas of strength. Seek to understand the patient’s strengths and challenges. Know your team, facility, and community resources to assist Veterans with their life and health goals, such as self-care programs (e.g. MOVE, meditation), social programs, provider based care, and resources for complementary and integrative health programs, and services.

“What support do you need from me, your health team, or from others in your community to make progress towards your goal?”