
AGENDA MAPPING

Helping people to make changes starts with finding a focus; choosing which behaviour to focus on in making a change.

Sometimes this is simple, the person is clear, and you are clear that the behaviour supports health. It is a matter of discussing and generating ideas for change and making a plan together (see *Making a Plan for Change*).

In healthcare, and particularly when people are living with both physical and mental issues of conditions, there can sometimes be so many potential target behaviours that it can feel overwhelming .

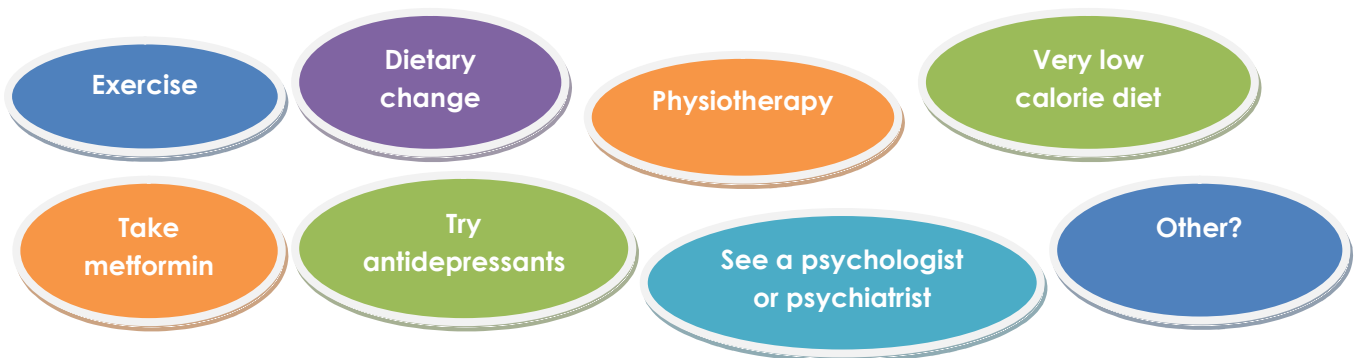
Where there are multiple behaviours to change, work together with the person to find a focus.

1. Identify the potential behaviours for change. Ask permission to raise or add a difficult topic.
2. Work together with the person to discuss and identify a priority behaviour
3. Work together to develop a plan (see *Making a Plan for Change*).

Meet Jenna. Jenna is a 63 year old woman living with Type 2 diabetes, obesity, back pain and depression. She says she's not sleeping well, and has trouble with simple daily tasks. **How do I support someone like Jenna to identify a priority for change?**

What are the potential target behaviours?

Use an **Ask-Offer-Ask** framework to generate potential behaviours, and seek permission to add behaviours that you know may promote the person's health that they may not have identified. (see the information sheet on *Offering Information and Advice*). If it is difficult to identify the higher priority target behaviours, consider asking the person how important changing the behaviour is to them, and also how confident they feel to make a change (see the *Importance and Confidence* skills guide for some helpful tips).



So, what is the priority target behaviour?

In talking with Jenna, she tells you that she has recently lost weight, and feels that she has her diet in hand. She also discloses that she has a history of trauma, and has never told anyone before. She feels ready to talk to someone, and would like a referral to a psychologist or psychiatrist. Exercise is still important to her, but she is not feeling confident about getting back into being active, and you and her agree to talk about it again in the future.

Agenda mapping brings together what the person knows about him or herself, and what you, as a health professional, know about the evidence base for changes that promote health.
