

Ask
Screening for SNAPW risk factors as part of the routine assessment process



Assess
Assessment of clients' readiness to change



Advise
Provide feedback on SNAPW risk factors and brief stage-matched counselling for lifestyle change over at least two visits



Stage-matched assistance for lifestyle change	
Stage	Approach
<i>Pre-contemplation/</i>	Brief advice
<i>Contemplation</i>	brief motivational interviewing
<i>Preparation/action</i>	goal setting /action planning
<i>Maintenance</i>	reinforcement, relapse prevention
<i>Relapse</i>	relapse management



Assist
Refer to support services for more intensive intervention (especially high risk clients)



Arrange
Follow up progress at subsequent visits