

The HAPPI Study Conversation Guide

Name	
Address	
ID Number	

What matters to you?

Prompts: Usual day, social networks, activities, joining in – helps & challenges, family , friends, social circle, support network, personal care, your home, finances, benefits

Do you have any health conditions that worry you? How do you manage them?

Prompts: well-being, LTCs, frailty, pain effects on lifestyle/exercise/mobility, falls, eating and drinking, sleep, hearing/eyesight/dentition, bladder and bowel function/sexual health, depression, anxiety, cognitive impairment

Do you feel safe in your home? Is there anything regarding your home that concerns you?

Functional abilities at home, environmental hazards, equipment needs, maximising independence, re-ablement needs

What medication do you take and does it cause you any problems?

Prompts: medication review, consider polypharmacy, need for de-prescribing

Is there anything you would like to change and what might help you or prevent you making the changes?

Prompts: problem/deficit identification, resilience and coping mechanisms.

What would you like to happen if your health deteriorated?

Health and care packages, support, what happens in an emergency, escalation plan, advance care plan, spiritual needs and support mechanisms

Who is around to support you?

Informal and formal care, consider assessment of carers needs. Would the person benefit from an advocate or IMCA?

What can we achieve together? (Use SMART – Specific, Measurable, Achievable, Realistic, Timely)

Personal goals or aspirations support needed for empowerment, ability to participate in care planning.