

ProACTIVE SCI Initial Training Session

Participant:

Date:

Contacted by: Videoconference, Telephone, or in-person?

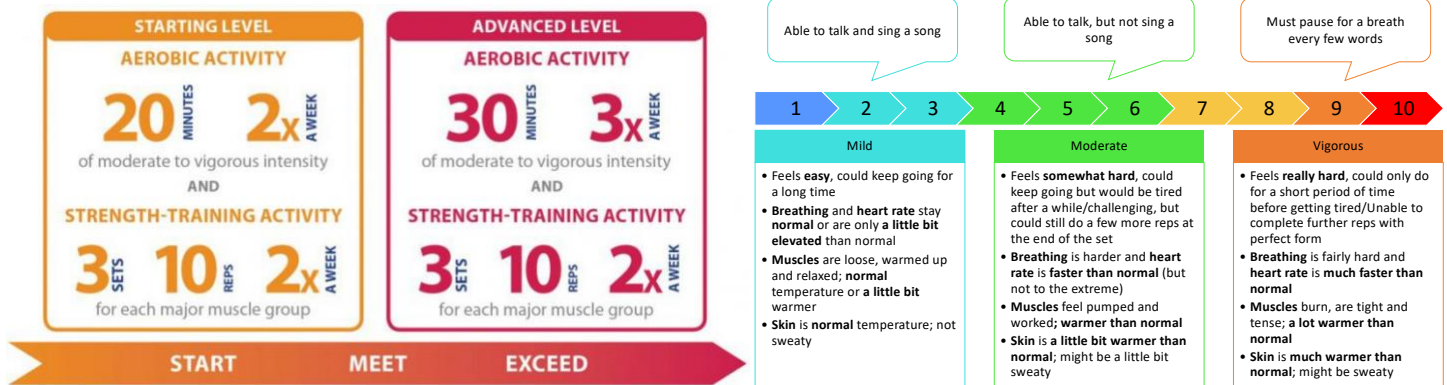
Are you interested in being physically active?

- Are you interested in doing activities that move your body (or being physically active if you feel it's the appropriate term to use with your client)?
 - If yes continue below
 - If no, skip to identify barriers
- What are you doing now to move your body (or be physically active)?

Identify goals (page 12)

- What goals do you have in doing more activity (or being physically active)?
- Why do you want to do these activities (or be physically active)? What are your motivators?

- If appropriate, or further on into the sessions, educate on the guidelines. Note that doing something is better than nothing. You don't have to start with the guidelines- they might be a long-term goal. Do as much activity as you are capable of or comfortable with.
 - Fitness and muscle strength benefits: 2 sessions x 20 min mod-vig aerobic exercise + 2 strength training sessions per week of 3 sets of exercises for each major functioning muscle group at a mod-vig intensity
 - Heart and disease prevention health: 3 sessions x 30 mins/session of mod to vig intensity aerobic exercise



Identify the activities they enjoy doing/are interested in (Page 37 or SCI BC resources/InfoLine)

- Activities they have done in the past, new activities that they were curious to try: At home, recreation, sport
- Exercising with a group or as an individual, inside or outside, communication preferences

Understand what resources they have available (page 28, 46)

- For example: Equipment, gym, recreation centres, funding, etc.

Identify barriers

- What are some of the things that have gotten in the way of your exercise in the past OR
- Given that this is our goal, is there anything you could see getting in the way?

Develop solutions (Solutions will be based on a case by case basis- many pages in the toolkit may be relevant for this: see page 2 for table of contents. Sample links in barriers to strategies are provided in table below)

- Create an action plan (page 15)
- Link solutions to benefits (circle back to ‘WHY’ they want to be active)

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Activity							
Where							
When							
How Long							
Intensity							

Discuss next session

- What we’ll check up on next session
- Confirm action items (e.g., follow-up with sport organizations, check accessibility of pools, call SCI BC, etc.)
- Questions

Book next session: Example timeline: once/week for 6 weeks (weeks 2-7), survey at 2 months, session 7 at month 3, session 8 at month 4, session 9 at 1-2 weeks before 6 month survey, session 10 at 1-2 weeks before 12 month survey

Note other services talked about

- Examples: housing, bowel/bladder, etc.

Follow-Up Session

Client:

Date:

Session duration:

Contacted by: Videoconference, Telephone, or in-person?

- Check in, give a summary of what was talked about last session
- Check what they did for activity
- Follow-up on action items
- Ask about barriers/facilitators
- Develop solutions/give praise

Note other services talked about

- Examples: housing, bowel/bladder, etc.

Barrier	Strategy from ProActive SCI Toolkit
Lack of energy	Benefits Activity idea ramp SMART goals Graded tasks
Emotional distress	Peer to peer connections Other professional, supports, and organizations
Pain	Benefits Activity idea ramp SMART goals Graded tasks
Fatigue	Benefits Activity idea ramp SMART goals Graded tasks
Moving around within the home	Peer to peer connections Physical activity prescription: home Active Homes
Problems with self-care	Peer to peer connections Educational videos
Difficulty for women to do PA with men	Benefits Activity idea ramp Basic physical activity prescription: home Adapting common exercise equipment
Lack of time due to work	Problem solving Action planning SMART goals setting Activity idea ramp HIIT
Problems with work activities	Problem solving
Price of equipment	Finance and transportation Link to facilities and resources
Lack of equipment	Finance and transportation Link to facilities and resources
Inaccessibility of adapted equipment	Adapting common exercise equipment Link to facilities and resources Activity idea ramp
Inability to obtain and handle required equipment	Finance and transportation Link to facilities and resources Activity idea ramp Graded tasks Other professional, supports, and organizations (family)
Low accessibility of facilities	Link to facilities and resources Activity idea ramp Basic physical activity prescription: home

	Adapting common exercise equipment
Low accessibility of buildings	Link to facilities and resources Activity idea ramp Basic physical activity prescription: home Adapting common exercise equipment
Lack of money	Finance and transportation Activity idea ramp
Costs	Finance and transportation Activity idea ramp Link to facilities and resources Peer to peer connections
Family commitments	Other professionals, supports, and organizations
Negative attitudes from others	Peer to peer connections Link to facilities and resources: disability-specific programming
Low access to information about availability of resources	Link to facilities and resources Peer to peer connections
Lack of/ difficulties with transportation	Finance and transportation Basic physical activity prescription: home program
Lack of participation opportunities	Link to facilities and resources Peer to peer connections
Age	
Gender	
Dislike	Basic physical activity prescription Activity idea ramp
Embarrassment, feelings of incompleteness, dissatisfaction with the body	Benefits of physical activity Graded tasks Basic physical activity prescription: home program
Fear of injury, poorer condition	Safety Graded tasks
Lack of knowledge	Basic definitions SCI physical activity guidelines Basic physical activity prescription Activity idea ramp
Lack of motivation	Benefits of physical activity Activity idea ramp
Lack of time	Problem solving Action planning SMART goals setting Activity idea ramp HIIT