

Planning my interaction

I am going to be talking to Surinder, who is overweight and I need to talk to him to help him to identify his eating habits and hopefully help him make some changes.

Purpose of my interaction: I need to get to know Surinder and talk about his eating habits, such as if he cooks for himself, and if he is willing to make any changes to his diet that might help him.

Objectives: I want to make Surinder feel welcome and comfortable talking to me.

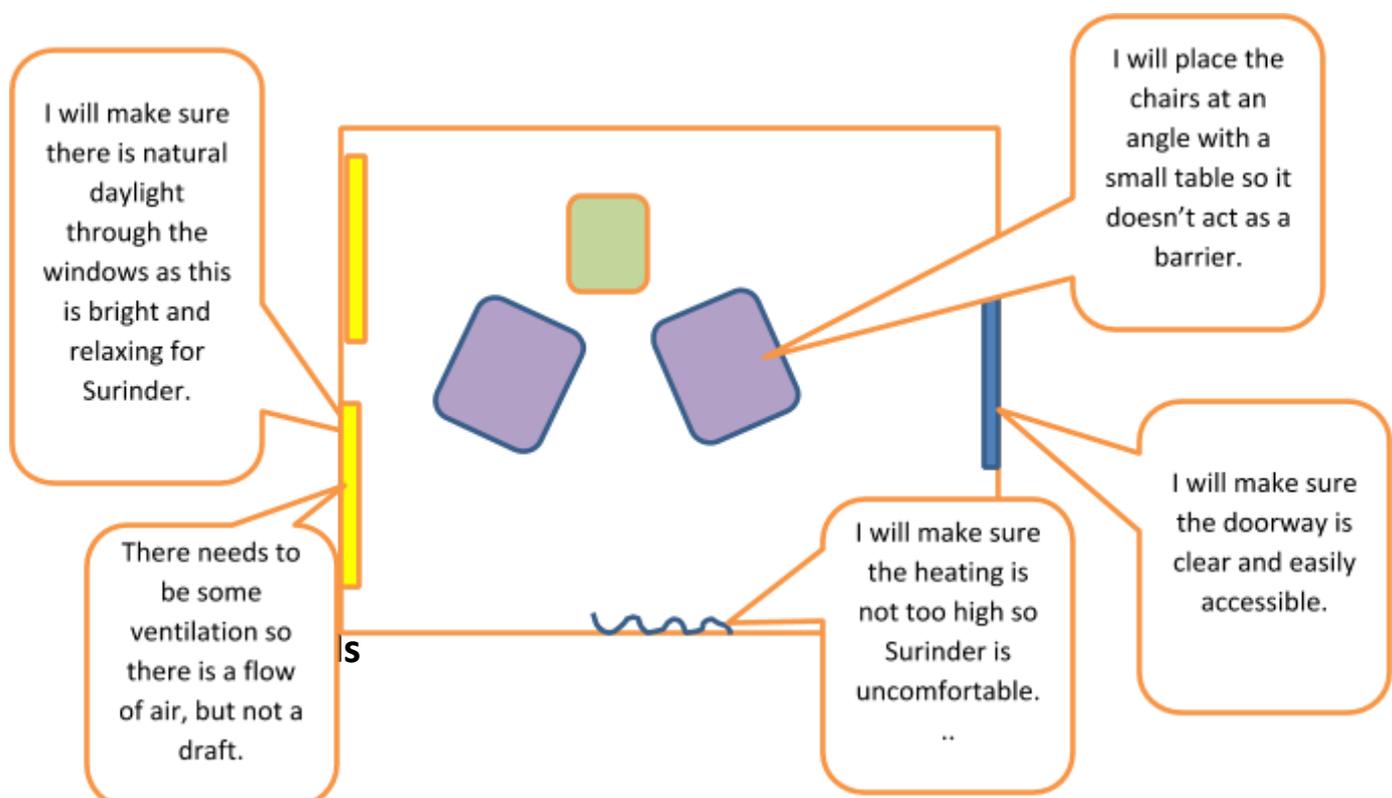
I want to establish a positive relationship with him so he will talk to me.

I want to be able to give him some help to improve his diet.

Timescales: As Surinder visits the day centre regularly, I will spend about 15-20 minutes with him, so I can keep the session brief and positive.

Environment – where will I have the interaction?

I will use a private room as I don't want anyone else to overhear the conversation. It will be on the ground floor as Surinder may have problems climbing many flights of stairs.



Surinder is an older person who is overweight, this might give him some mobility problems, so I will have to be aware of this and be sensitive to his needs. As far as I know, he does not have any learning difficulties or other problems that I need to consider.

Cultural sensitivities

I have not met Surinder before, I am not sure of his cultural background, but I will need to find out if he has any language needs such as English being a second language.

Communication skills I will use

Verbal – I must make sure I speak clearly using words which are not too technical to understand.

I must not be patronising as Surinder is an adult and I don't want to offend him.

I will show empathy as his problem is not easy to overcome and I want to show I understand it from his point of view.

I will use a pace that is suitable for him, depending on how he responds when I meet him.

Written – I may need to follow up what we discuss with a written care plan with some steps he can take to eat more healthily. This will make sure he doesn't forget what we have said, and so other day centre workers can see what has been discussed.

I could also send Surinder a text to remind him of the time of our meeting if he would like this.

Special methods – I could find out if Surinder has any special needs for example if English is his second language, if this is the case I may need to arrange an interpreter.

Active listening – I will show Surinder that I am listening to him by leaning forward, reflecting on what he says to me, using appropriate eye contact and asking him questions.

Plan of the content of my interaction

	Content	Notes
Welcome and introduction	I will welcome Surinder and make sure he is comfortable. I will explain to him what the purpose of the session is.	Make sure he is sitting comfortably, offer him some water.
Warm up	I will ask Surinder to tell me about how he is enjoying his time at the day centre and what he likes doing.	This is to get to know him and break down barriers.
Main content	I will ask him some questions about his eating habits, what he likes to eat, does he cook for himself, and does he have good facilities at home? I will try to work out some ways that he can swap in healthier foods, or try some new foods that are lower in fats.	This is to find out if there are any problems such as eating too much fatty food, or dislikes for foods such as vegetables. It is also to give him some new ideas about how he can improve his diet.
Closure	I will thank Surinder for attending, and set up another meeting to see how he is getting on.	I will make sure he feels comfortable about trying some new ideas and we will meet up again in a few weeks so he feels supported.