

UNDERSTANDING YOUR CLIENT'S SMOKE-FREE JOURNEY



How do you feel about your SMOKING?

RECORD IN CLIENT NOTES

Ready to Quit?

Ask if they have quit before? How did they quit? How long for? Would they like a referral to Quitline?

Thinking about quitting

Start conversation about options for quitting. Ask how their smoking makes them feel? Ask them how they would like to quit?

Not ready to quit

Offer support and words of encouragement. Let them know once they are ready to quit, or if they have any questions, to come and see you. Let them know that you will check in with them at another time.

Unsure

Provide education on the benefits of quitting, let them know that there is support available for people who are starting or already on their quit journeys.

SMOKE-FREE ENVIRONMENTS

RECORD IN CLIENT NOTES

Does anyone smoke in their home?

Does anyone smoke in their car?

Does anyone in their home need support to start their quit journey?

Provide education on second-hand and third-hand smoke

REFERRAL PATHWAYS

IMPORTANT: RECORD IN CLIENT NOTES

Explain available options to your client

QUITLINE

Counselling service available by phone 13 78 48

LOCAL ABORIGINAL HEALTH SERVICE

Support groups, Social and Emotional Wellbeing Team. Can refer client on to other services, doctors, groups and activities to keep well and connected.

APPS

My Quit Buddy
Quit for You Quit for Two

WEBSITES

Giveupsmokes.com.au

GP

Can prescribe nicotine replacement therapies or other medication to help them on their smoke-free journey

LOCAL TACKLING INDIGENOUS SMOKING TEAM

Smoke-free events, support groups, local ambassadors, education

- TALK TO YOUR CLIENT ABOUT NICOTINE REPLACEMENT THERAPIES
- OFFER AVAILABLE RESOURCES ABOUT SMOKING CESSATION THAT YOUR CLIENT CAN TAKE HOME
- ALWAYS INVITE YOUR CLIENT TO COME BACK



Aboriginal Health Council
of South Australia Ltd.
our health, our choice, our way

