

## ACT NOW

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ACT NOW  
TOOLKIT

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## USING CO-DESIGN, WE HAVE CREATED THE ACT NOW (ADHERENCE COUNSELLING TOOLKIT) TOOLKIT TO SUPPORT HEALTH PROFESSIONALS TO SUPPORT SURVIVORS OF STROKE TO SELF-MANAGE.



The World Health Organisation (2003) concluded that increasing the effectiveness of adherence to interventions may have a greater impact on the health of the population living with chronic disease, including stroke, than any improvement in medical treatments. They recommended the development of ‘adherence counselling toolkits’.

The **ACT Now Toolkit** was originally designed around developing physical activity programs for survivors of stroke, however many of the resources have been adapted for use when addressing other areas of lifestyle behaviour change, such as dietary changes or ceasing smoking.

The **ACT Now Toolkit** has been developed with a sound theoretical framework, using the Behaviour Change Wheel and the Capability, Opportunity, Motivation-Behaviour model (Michie et al., 2014). It contains many resources that will allow you to develop tailored and individualised programs for your client, such as an Action Plan, Stages of Change tools, Behaviour Change Strategy tools, and a Full Behaviour Change Plan. There are also links to many stroke resources.



The ACT Now Toolkit was developed in a co-design project led by Dr Tamina Levy and health professionals from Flinders Medical Centre, Rehabilitation, Aged Care and Palliative Care, in conjunction with researchers from Flinders University, survivors of stroke and their carers.