

Lifestyle Risk Factors Policy and Procedure

1.0 Purpose

Participants are more likely to have poor physical and mental health, including cardiovascular disease, respiratory disease, cancer, diabetes, oral diseases, depression and anxiety. These health conditions may directly result from or be made worse by lifestyle risk factors such as poor nutrition, obesity, smoking, alcohol intake and lack of exercise. This policy aims to support participants' lifestyle choices to reduce their risks.

2.0 Scope

Staff working with participants and designing support plans must be mindful of lifestyle risk factors and support the participant in becoming more active within their community.

3.0 Policy

Participant planning must improve health, nutrition, physical activity, adequate sleep, stress, anxiety, alcohol intake, and stop smoking. Loneliness and isolation are also lifestyle risk factors. For instance, the lack of a job, friends or hobbies can lead to many hours spent alone without purpose or connection.

Management must ensure that staff are trained in healthy eating, exercise, stress reduction, and a positive lifestyle, so information and support can flow to the participant.

This policy is linked to the NDIS Practice Standards, including:

- **Support planning:** Participants are actively involved in developing their support plans. Support plans reflect participant needs, requirements, preferences, strengths, and goals regularly reviewed.
- **Independence and informed choice:** 121 Supports Hunter Pty Ltd supports participants in making informed choices, exercising control, and maximising their independence relating to the supports provided.
- **Access to supports:** Participants access the most appropriate supports that meet their needs, goals and preferences.
- **Incident Management:** Participants are safeguarded by the incident management system, ensuring that incidents are acknowledged, responded to, well-managed and used as part of our continuous improvement.
- **Information Management:** Participants' information is managed to ensure that it is identifiable, accurately recorded, current and confidential. Each participant's information is easily accessible to the participant and appropriately utilised by relevant workers.

- **Human resource management:** Participant's support needs are met by competent workers holding relevant qualifications and who have relevant expertise and experience to provide person-centred support

4.0 Procedure

Lifestyle risks can be addressed by eating healthy food, increasing exercise, reducing stress, and connecting. For instance,

- reducing the amount of takeaway food eaten,
- choosing food and drinks low in added sugar,
- increasing movement throughout the day and
- becoming involved in a community activity that will create a connection with others.

Participants may not have had the opportunity to access or control their living environments, such as food, daily activities, exercise and community participation.

Lifestyle changes happen through:

- raising awareness,
 - provision of information about how everyday activities can affect health.
 - raising health awareness and giving ideas on how to make lifestyle changes that will address risks such as obesity, high blood pressure and stress management
- setting goals for change,
 - Setting small achievable goals for change, such as walking short distances and not taking sugar in coffee or tea, will gradually build to bigger goals.
- Learning with peer support to increase connections, such as
 - friends, physical training with a group
 - joining a community garden
 - water aerobics or participating in a walkathon or fun run
 - joining an art class, music or dancing lessons.
- changes to the living environment and learning the new skills that may be needed;
 - making changes to the environment that can support goals
 - changes can be small such as having healthy food choices, planning, shopping and cooking healthy meals.
- encouraging physical activity, including
 - encouraging positive ideas of physical activity and self-esteem
 - increasing movement through normal daily activities is a way to feel more positive about our bodies and movement
 - increasing physical activity improves health and influences other lifestyle risks such as nutrition, stress, and smoking; positive outcomes are lower blood pressure, improvement of self-esteem and mental health.

4.1 Supporting participants

121 Supports Hunter Pty Ltd will monitor participants' health, safety and wellbeing, support participants to maintain their health and access appropriate health services. Our organisation will support participants to be empowered to live a healthy lifestyle and understand why it is important.

Below are means that we may support participants in the following ways:

- incorporate health promotion and ways to live a healthy lifestyle into support planning
- link actions for a healthy lifestyle to the participant's annual comprehensive assessment
- provide support to make informed decisions regarding their lifestyle support to:
 - understand any risks arising from their present lifestyle
 - understand how they can improve their lifestyle to match their own health goals
 - talk to their GP about their health and what lifestyle changes are needed to optimise their health
- facilitate choice in lifestyle changes and understanding about their health, using accessible tools and resources
- engage the participant with encouragement and highlight their achievements so that they are motivated to develop a healthy lifestyle
- provide information about healthy lifestyles and different ideas to improve health, such as walking instead of driving, learning to cook a new healthy dish or taking up an exercise class
- suggest and support access to new activities or choices that link to the participant's goals and dreams and how a healthy lifestyle may help them achieve this goal
- provide information about and support access to new interests and community activities in the local area, such as a community garden, amateur theatre, starting a walking group, cooking lessons or arts and crafts
- support the participant to make changes to their living environment that will support their goals, increase incidental exercise around the house, keep healthy food choices in the cupboard, and walk to places when possible
- support to access both information or professional assistance such as dietitians or exercise physiologists where the person's lifestyle choices are inconsistent with their health goals.

4.2 Referrals to other professionals

Lifestyle changes can involve changes across different aspects of a participant's life. A multi-disciplinary approach can assist the participant in developing new skills or identifying a support need, such as identifying an appropriate level and type of exercise or learning how to cook.

The professionals that may assist in lifestyle change include dietitians, physiotherapists, occupational therapists, exercise physiologists, counsellors and NDIS behaviour support practitioners.

4.3 Training and development

As part of our training program, staff may receive training and skills in areas such as:

- healthy lifestyles, nutrition and menu planning and exercise
- positive communication skills to engage with participants and empower change.

4.4 121 Supports Hunter Pty Ltd obligations

As part of our obligations to the NDIS Code of Conduct, staff must provide NDIS supports or services to participants to:

- act with respect for individual rights to freedom of expression, self-determination and decision-making following applicable laws and conventions
- provide supports and services safely and competently with care and skill
- promptly take steps to raise and act on matters that may impact the quality and safety of supports provided.

Our organisation will comply and demonstrate compliance with the [National Disability Insurance Scheme \(Provider Registration and Practice Standards\) Rules 2018](#) related to delivering safe, quality support and services and managing risks associated with the supports you provide to participants.

4.5 Resources

Below are some resources to assist staff in providing information to participants.

- Five-booklet toolkit developed by Inclusion Melbourne to assist people with a disability make choices about their life; [my choice tool kit](#)
- [Healthy eating for adults](#) Australian Government Department of Health brochure
- Australian dietary guidelines, website links to a range of information and resources [eat for health](#)
- [Physical activity and exercise guidelines for all Australians, Australian Government Department of Health](#), include tips and ideas for fitting more activity into your day-to-day life.
- Link for information, initiatives and resources for healthy lifestyles [Preventative Health, Australian Government Department of Health](#)
- [Council for Intellectual Disability Health Fact sheets](#), including healthy lifestyles
- [Healthy Mind e tool for people with intellectual disability](#) Blackdog Institute
- First Nations People, a resource for planning, dreams, goals and lifestyle. First Peoples Disability Network Australia [our way planning resources](#)

5.0 Related Documents

- Support Plan

- Support planning Policy and Procedure
- Independence and informed choice Policy and Procedure
- Access to Supports Policy and Procedure
- Incident Management Policy and Procedure
- Information Management Policy and Procedure
- Human Resource Management Policy and Procedure

6.0 References

- NDIS Code of Conduct Rules 2018
- NDIS Practice Standards and Quality Indicators 2021
- NDIS Lifestyle risk factors Practice Alert July 2021