

# 3 STEPS IN LESS THAN 3 MINUTES

It's all it takes to make a difference

MAKE SMOKING  
**HISTORY** 

## People accessing community services want our help

The majority of people accessing community services:

1. Want to quit or reduce smoking
2. Want community service staff to talk about smoking with them

A less than 3 minute conversation as part of our daily routine is all it takes to empower people to make an informed decision about their health and wellbeing.

## 3 easy steps to have a less than 3 minute conversation

### 1. ASK

Ask all people about their smoking and check in with them regularly. Recording smoking status in organisational records (i.e. case notes) can help with this.

*"Do you smoke?" "How do you feel that you cannot smoke here?" "How do you feel about your smoking at the moment?" "How much money do you think you spend on the smokes?"*

### 2. ADVISE

Advise all people on the health and financial benefits of reducing and quitting smoking. Advice should be clear, personalised, supportive and non-judgemental.

*"Tobacco is expensive. Maybe we should think about how you can reduce and quit smoking so that you can save some money." "It seems that you're out of breath a lot recently. Smoking is known to affect people's breathing. It might be worth talking to the doctor so they can explain a bit more about this."*

### 3. ASSIST

Assist all people at any stage of change.

#### Not ready to make a change

Inform people that we're available to talk about their smoking whenever they want. Inform them that we'll check in with them regularly to see how they're going with their smoking. Provide written information and regularly follow-up using the 3As.

*"Not a problem, it's your decision. However, as part of working with you I'll check-in with you from time to time to see how you're going with your smoking."*

#### Thinking about a change

Provide encouragement and connect people to a support service so they know what to expect if they do decide to quit smoking. Regularly follow-up using the 3As.

*"I can see that you are considering reducing and giving up the smokes. That's great! Let's go to the office and call Quitline, they can give you a lot more information which will help you make a decision."*

#### Ready to make a change

Reinforce and encourage their decision. Arrange a referral to a support service. Regularly follow-up using the 3As.

*"That's fantastic that you've made a decision to quit smoking. Let's go to the office and call Quitline, they will support you to make a plan to give up the smokes."*

# REFER PEOPLE TO SUPPORT SERVICES

Work with people to identify the best support service for their circumstance.  
If it doesn't work, encourage them to try another one.

Call the **Quitline**  
13 7848 and ask  
for their call-back  
service

**More info**

Quitline is a confidential, non-judgemental telephone support and information service that helps people who want to reduce or quit using tobacco. Quitline has Aboriginal and non-Aboriginal counsellors that will work with each caller to tailor a plan, develop strategies, offer advice and emotional support along their personal journey to make smoking history.

Register for online  
support with  
**QuitCoach**

**More info**

QuitCoach is an online tool that provides people with a personalised plan based on responses to questions about motivation, confidence and past quit attempts. It is designed to provide useful advice at any step throughout a person's journey to make smoking history.

Request a copy of  
the **Quit Booklet**

**More info**

This free booklet provides practical advice to help people plan their personal journey to make smoking history. It includes information to help people understand why they smoke and describes different ways of reducing or quitting.

Download the  
**My QuitBuddy App**

**More info**

My QuitBuddy is a free and personalised App to help people on their journey to become smoke free. It provides a countdown to their quit date and tracks their progress, such as days smoke free, cigarettes avoided and dollars saved. It can record people's own goals and motivations with pictures, words and audio.

Download the  
**Quit for You – Quit  
for Two App**

**More info**

Quit for You – Quit for Two is a free App that provides support and encouragement to help people to give up smoking if they are currently, or are planning to become pregnant. It distracts people when they feel the urge to light up with practical tips and advice. It inspires them to keep going with amazing facts about their baby's development.

Speak to a GP  
(recommended if  
on medication)

**More info**

A GP can work with a patient to develop a tailored plan for their circumstances. They can also provide support and advice about Nicotine Replacement Therapies (NRT) and other quitting medications. Some GPs are also equipped to counsel patients throughout their personal journey to make smoking history.

Aboriginal Services

**More info**

Some Aboriginal Medical Services (AMS) and Aboriginal Corporations have specific programs to help Aboriginal people to reduce or quit smoking. If you work with Aboriginal people, connect with your local AMS or Corporation to identify if there is help available and what it entails.