

## Work/Home

*(If person is working)*

How've things been going at work?  
 How've you been managing at work?  
 Do they know at your work how things are with your health?  
 Have they been supportive?

How're things at home?  
 Is there anything else happening at home for you to deal with?

**Note** – if it is the first time you have met someone and understanding about their work and home routines are relevant to your understanding of their condition, you may want to ask for more information about work or home.

## Illness/LT Condition

How are you getting on with \_\_\_\_\_(LTC)?  
 Where are you with treatment at the moment?  
 Anything the Doctors have said that you are not clear about?  
 How do you feel you are managing?  
 What support are you getting? Is it enough?  
 Any needs we can help with?

**Note** – if it is the first time you have met someone, or if there has been a significant development health wise, you may want to spend more time gaining a thorough understanding of this and their feelings about these events.

## Stress/Coping

How have things been going since we last met?  
 Tell me a bit about how you've been managing?  
 Is there anything you've been really struggling with?  
 Anything you feel you've been managing better?  
 Is there anything specific you feel you need help with right now?  
 With everything that's been happening I wondered how your spirits are?

**Note** – if someone is having a really stressful time, it may be useful to take a bit more time to really understand what is happening in more depth and how it is affecting their management of their condition or their mood.



## The SWIFT Check Up

## Things I like to do

What do you enjoy doing?  
 Are you managing to do these?  
 Are you able to do the things that are important to you?

## Friends and Family

How do you feel everyone else in the family is coping with \_\_\_\_\_(LTC)?  
 Do you feel you have enough support?  
 Are you able to join in and feel involved in family activities as much as you would like to be?  
 Are you able to see your friends?