

## Suggestions and prompts

### Stage 1: Network mapping and network types

The following approach is a guide to introducing and explaining the circle diagram exercise. Over time you will develop your own individual style and will adapt the content and length of the introduction to the context and time that you encounter:

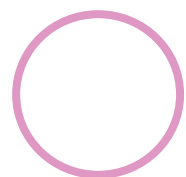
*“This is a diagram showing you, Andy, in the centre of 3 circles. We are going to use it to create a picture of the people, groups and activities that are important to you in relation to managing your health and your everyday life and activities. The inner circle symbolizes people and groups (but also things, and places) that are most important to you (in relation to managing your condition and your everyday life). The middle circle symbolizes people and groups (but also things, and places) who are important but less important than those placed in the inner circle. The outer circle symbolizes people and groups (but also things, and places) who are still important but less important than those placed in the other two circles.*

*You can include people (e.g. family, friends, and acquaintances). You can include groups that you go to (e.g. hobby groups, fitness groups or support groups). You can include healthcare professionals (e.g. your GP or nurse). Some people like to include a pet, for example their dog might be a great comfort to them and help them to get out and about. You can also include things (e.g. iPads), and places (e.g. parks, cafes) that may also be an important part of your everyday life that make you feel well.*

*I would like you to think about who is most important to you and to your health and well-being. Starting with the inner circle, who would you like to place in that circle area?”*

The following prompts might be helpful during the network mapping exercise:

- Which circle would you like to place that person/group into?
- Is there anyone else you would like to place in the inner circle/middle circle/outer circle?
- Who else is important to you in relation to your support?
- Is there anyone else you would like to add the circles?
- Are there any other things/resources in your life that help you?
- These can be places you go such as hobby groups, classes.....practical objects around the home such as mobility aids.....financial help or benefits  
.....pets



The following prompts might be helpful when reflecting on the completed circle diagram:

- Do you feel this is a fair representation of the support around you?
- Is this what you thought your circles/support network might look like?
- If no - How did you think it might look?
- Would you like it to look different in any way? If yes/no, in what way?
- Reflect on the user's type of network – diverse, family centred/supported, friend centred/supported, small

In cases where you have longer time to deliver the intervention (over 40 min) you may want to also ask users to reflect on comparisons between people and the circles in which they are placed.

For example:

- Why do you think your brother and sister are in different circles given that you seem to rely a lot on both of them?
- Why do you think your daughter is in the same circle as your friend if you say you do not see your daughter very often?
- This group (e.g. walking) appears to be very important to you from what you say, but you decided to put it in the outer circle. Why do you think this is?

## **Stage 2: Preference questions, buddying with network members and narrowing choices**

The following prompts might be helpful during the questionnaire stage:

- Is this (activity) something you have been interested in before?
- Are there things you used to do that you don't do anymore?
- What stopped you from continuing to do these things?
- Which of your network members/the people in your circles might go with you to this sort of activity?
- Who in your network circle could help you get to this activity?
- Who in your network you have responsibility for that may need to be taken into consideration (e.g. accessing a pet friendly activity)?

## **Stage 3: Facilitating the use of resources and links to local activities**

The following prompts might be helpful during the findings discussion:

- Does this sound like the sort of activity you might be interested in?
- What did you think of the short video clip?
- Can you picture yourself trying out this activity?
- Who (refer to network members linked on findings page) might go with you to this activity?
- How confident do you feel about phoning/contacting the activity organiser?
- Is this something you would like me to help you with?
- What other help might you need to try out this activity?
- Would it be helpful to have a printed copy of these activities?