

Give smokes the flick ... it really makes 'cents' ! USING THIS RESOURCE



CHECK THAT YOU HAVE

1 A FLIPCHART



2 3 sets of play money linked in bundles of:

- \$91
- \$364
- \$4,745



3 3 Sets of coloured edged cards

- 17 **BLACK** edged picture cards = \$91
- 11 **YELLOW** edged picture cards = \$364
- 22 **RED** edged picture cards = \$4,745

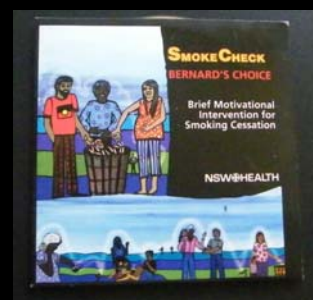


4 Samples of Nicotine Replacement Therapy (NRT)

- Patches
- Lozenge
- Gum
- Inhaler



5 Copy of 'Bernards Choice' DVD





WHAT IS THIS RESOURCE ABOUT?

This interactive flipchart is to help you chat or yarn to a smoker about how much they could save if they gave up:

- 1 packet of cigarettes every day for 1 week (\$91).
- 7 packets every week for 1 month (\$364).
- 1 packet of cigarettes per day for 1 year (\$4,745).

It can also be used as a chatting or yarning tool to explain the various types of Nicotine Replacement Therapy (NRT) available and how they are used.

The resource has 2 sections:

SECTION 1

Looks at how much a smoker could save if they gave up or cut back on the smokes. This section is very interactive and it is the section where you use the play money and picture cards. Clients can hold the money and get a feel for how much they could save if they gave up or cut back on the smokes. The picture cards allow the smoker to choose some of the things they could buy if they gave up the smokes.

SECTION 2

Explains who a smoker can talk to if they want to give up the smokes. It has pictures of Nicotine Replacement Therapy (NRT) and explains approximately how much each type of NRT costs and how much it would cost on a weekly basis. The actual NRT samples are used during this section. Clients can hold and have a close up look at the different NRT available.



BEFORE YOU USE THIS RESOURCE

We suggest that you:

- Have a **Look** at the resource and get to know it. Know how each page works and what money set, picture cards or NRT resources are needed to support the information being provided.
- **Watch** the DVD "*Bernard's Choice*". This DVD will show you how a Health worker uses a resource as a chatting or yarning tool.
- **Practice** using the resource so that you know what to do and when to do it.



REMEMBER

When having a yarn about the resource:

- Always say '**approximately**' when referring to the amount of money as cigarette prices continually change.
- Make sure clients **hold** the money – holding the money has a much stronger effect than just looking at the money.
- Give the clients the picture cards and make sure they **always** select what they want to buy. Pictures and choices will differ with each client and that's OK.

NOW that you feel confident, have a go at using the resource the next time you are with someone who is nicotine dependent and help them to think about having a quit attempt.



USING THE RESOURCE WITH SOMEONE WHO IS NICOTINE DEPENDANT

STEP 1:	
	<p>To introduce the flipchart to a client, use ideas from the Bernard's choice DVD, make up your own or say something like.</p> <ul style="list-style-type: none">• <i>"Have you ever thought about how much you or someone you know spends on cigarettes"?</i> <p>Show the client the flipchart and ask them if they have ever seen the resource before. Explain what the flipchart is about and go to STEP 2.</p>
STEP 2:	
	<p>Go through each page from 1 to 6.</p>
Page 1 & 2	<p>Explain that we all know someone who smokes and that smoking costs heaps.</p>
Page 3	<p>Talk about how much a packet of smokes are approximately \$13.00. Talk about how much you would save if you gave up 1 pack each week (\$13).</p> <ul style="list-style-type: none">• 'If you quit smoking just on a Wednesday, you would save \$13'.
Page 4	<ul style="list-style-type: none">• <i>'If you gave up 7 packets a week you would save \$91.00</i>
Page 5 & 6	<p>Explain that if you gave up 1 packet a week you would have an extra \$13.00 to spend on 'stuff'. You could buy more food for breakfast, lunch or dinner. You can talk about some of the things you can buy for \$13 that you can see on page 6. You could ask them:</p> <ul style="list-style-type: none">• <i>'What else could you buy for \$13?'</i>
Page 7	<p>Explain that if they gave up 1 pack a day for 1 week, they would have an extra \$91 to spend. Hand them the ring of money that equals \$91.</p>
Page 8	<p>Give the client the black edged cards and they can go through and select 3 items that they would like to buy with their \$91. Get them to stick their picture card choices on the Velcro. You could then show them what your choice would be.</p>
Page 9	<p>Explain that if they gave up 1 pack a day for 1 month, they would have an extra \$364.00 to spend. Hand them the ring of money that equals \$364.00.</p>
Page 10	<p>Give the client the yellow edged cards and they can go through and select 3 items that they would like to buy with their 364.00. Get them to stick their picture card choices on the Velcro. You could then show them what your choice would be.</p>
Page 11 & 12	<p>Explain that if they gave up 1 pack a day for 1 year, they would have an extra \$4,745.00 to spend. Hand them the ring of money that equals \$4,745.00.</p>
Page 14	<p>Give the client the red edged cards and they can go through and select 3 items that they would like to buy with their \$4,745.00. Get them to stick their picture card choices on the Velcro. You could then show them what your choice would be.</p>
Page 15	<p>If they say to you: "I only smoke packets of 10' or, 'I roll my own', or 'I only smoke 5 cigarettes a day', then you can use the chart on page 15 to show how much what they do smoke costs them weekly, monthly and yearly.</p>
Page 16	<p>Includes some suggestions of people they can talk to and get support from to give up or cut back on the smokes.</p>
STEP 3	
Page 17	<p>Shows Pictures of NRT. Use the NRT samples when you get to this page to show clients and let them hold the samples.</p>
Page 18	<p>Shows the clients how much NRT would cost them (approximately).</p>
	<p>Ask the client if they would like anymore information.</p>



NOTES