



Just Ask Just Tell *for older adults & their care provider*

Better sharing between you and your doctor and health professionals

Understand

Guide

ASSIST

Support

Care



Helping you to quit smoking

My doctor told me to quit smoking

Smoking is affecting my health right now

The benefits of quitting to my health will be

There are other concerns about me smoking

When did I start smoking

My reasons for smoking

I quit smoking before

My new target date to quit smoking

Who will help me quit and support me

My smoking triggers

How I will deal with temptations



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My smoking pattern

www.cancer.ca

Cigarette number	Time of day	Craving strength	What I am doing	Who is with me	Reason I need to smoke
		1 2 3 4 5			
		1 2 3 4 5			
		1 2 3 4 5			
		1 2 3 4 5			
		1 2 3 4 5			
		1 2 3 4 5			
		1 2 3 4 5			
		1 2 3 4 5			
		1 2 3 4 5			
		1 2 3 4 5			

Where can I cut back before I quit

My withdrawal symptoms (constipation)

My medical treatments for quitting

Recommended resources:

www.cancer.ca

Canadian Cancer Society:

- *If you want to help a smoker quit*
- *For smokers who want to quit*

www.smokershelpline.ca

Smoker's Help Line 1-877-513-5333

www.rnao.org

Registered Nurses' Association of Ontario

- *Helping people quit smoking*
- *Integrating smoking cessation into daily nursing practice*
- *Deciding to quit smoking*

www.nia.nih.gov National Institute on Aging

- *Age Page: Smoking-It's never to late to stop*



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