

TalkingMats[®] and Weight Management

Developed by Pamela A. McIntosh and Lois Cameron

Supports the involvement of people in their weight management by

- *Increasing understanding of the issues involved*
- *Promoting the person's involvement in decision making*
- *Can enable people to review and think about their progress*

It has been developed for people with a learning disability but could be used by other groups, for example people who have had a stroke.

This new resource:

Involves people with learning disability in its Development

Is based on research evidence

Can be used with people who have difficulties with communication and may have poor literacy skills

> **Included in the resource are:**

- ***A book—Talking Mats a Resource to Enhance Communication***
- ***A booklet - Talking Mats and Weight Management***
- ***A Mat***
- ***2 award winning health information Food and Drink leaflets—Do You Want to Stay Fat? and Healthy Eating and Gentle Exercise***

• ***A duplicate set of printed symbols on card to be used for 2 Talking Mats:***

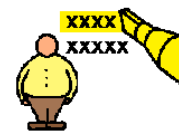
1. Key points to weight loss



2. Food and drink



• ***A duplicate set of symbols on card to be used as a teaching tool to explore the health risks of obesity***



• ***A starter set of printed symbols on card to introduce the Talking Mats framework***



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www.talkingmats.com

Costs £55 plus vat

Order through

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Phone 01786 458105

