

## APPENDIX 11 – FOLLOW UP OF TRAINING

### Recommendations at each follow up.

1. Ask how training is perceived. If the person training finds it demanding, tell them that it is very common. If the results are currently not improving tell them that it is normal and that it is essential that they keep trying.
2. Ask if any obstacles hindering training have arisen (use Appendix 9 if suitable).
3. Praise the trainee for their endurance and for trying their best. Do not emphasize results in the training program.
4. Remind of the next time for follow up.

### Examples of questions at follow up

Question	Answer	Comments
Have you been able to train each training day?		
How has training been?		
Have there been any obstacles hindering training?		
Have there been any factors you find affecting training negatively (e.g. noise).		
Have you experienced any changes in everyday life following training? (e.g. more tired, more alert or more focused)		
Is there anything you would like to ask that has not been discussed?		