

Disability Resource Hub Disclaimer

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What have we tried?

1

What have we learned?

2

What are we pleased about?

3

4 What are we concerned about?

4 + 1 questions

1. What have we tried?

2. What have we learned?

3. What are we pleased about?

4. What are we concerned about?

+ 1 Given what we know now, what next?

Help people to pause and reflect before moving to action. The questions provide a structured way to ensure that previous efforts and learning are not lost as people move to new actions – a way to avoid “throwing out the baby with the bathwater” without remaining stuck doing things that don’t work.

The 4 + 1 Questions help to keep people focused on moving to action.

The 4+1 tool is a way of focusing in on a specific situation or issue, but can also be used to review someone’s plan.

This information was developed by Helen Sanderson Associates (Australia) in 2011, for Ageing Disability and Home Care, Department of Human Services NSW, as a resource to support the Lifestyle Planning Practice Guide and Tools. Most of these tools are Person Centred Thinking tools, and were either developed by The Learning Community for Person Centred Practices, or Helen Sanderson Associates. They are used here with permission. We would like to thank the residents, family members and staff for their time and support in developing examples.

These instructions are not intended as a substitute for training. If you are using these tools for the first time and have not attended a Person Centred Thinking course, please seek support from a colleague or manager who has attended training.



What have we tried?

What have we learned?

What are we pleased about?

What are we concerned about?

+1 What next?

1. Tell people you'll be using these questions before the meeting so they can come prepared with ideas or notes.

2. You can write the questions on flip chart on the wall asking each person to write their answers as they arrive – they could use sticky notes to avoid queues in front of the flip charts. This is an efficient way to ensure that everyone's views inform new actions.



	Date	Who helped	Who else do we need to ask?
1 What have we tried?			
2 What have we learned?			
3 What are we pleased about?			
4 What are we concerned about?			
+1 What next?			

Thinking about how we're doing in implementing 's plan



What have we tried?

Changing eating habits

Shakes

Yoga

Tai Chi

Buying chicken etc from Coles instead of Red Rooster e.g. pulling skin off

Gym – personal trainer

Learning to cook new things

Meals on wheels

Walking into town

What have we learned?

Shakes go straight through me

Tai Chi really relaxing

Didn't like dietician, so wasn't motivated

Don't like gym

Exercise is hard on my own

Personal trainer worked well – motivated

Walking into town was too much too soon

What are we pleased about?

George Forman

Frozen meals on wheels are nice but I can cook

When I lose weight, I can buy sexy clothes from Supre

What are we concerned about?

Hurt the next day from personal training

I love chocolate, ice-cream, take-away etc

Diabetes

I'm scared of dying like my pop (he had a heart attack)

Jade can go 'all out' too quickly and then get discouraged

+1 What next?

Free gym at the church on Tuesday night

Buy Zumba Puppy walking

'Get moving' at gym, Tuesday (day) Walk with Jude/Margaret

Menu planning No more energy drinks

Ideas of alternatives for beloved unhealthy foods

FOUR PLUS ONE QUESTIONS FOR JADE
reflecting on past efforts to
lose weight

