

TEMPLATE and NOTES:

TIMESCALES

Between session 5 (8 October) and session 6 (10 December) we will be testing out a number of improvements with the aim of improving person-centred care in your area.

POINTERS

- Find supporters and enthusiasts to test out the idea (not those who are resistant)
- Don't be afraid to ask for help- you can't do this all on your own. Ask for all the help and support you need from possible contacts, bringing together people with a mix of skills, knowledge and capabilities
- Test the idea out with 2 or 3 people (or a small group) and repeat in quick session to get speedy results from your test
- Let the people you are testing this on know that it is a test/experiment and that you hope it will have benefits for more people in the future
- Be clear about what it is you want to change and how you will measure whether this has happened or not
- After the test, come together to learn from your results, including your failures as well as successes; share them quickly to identify if there are things you want to change before testing again.

TEMPLATE

<p>What do we want to change? (eg. a service or behaviour) <i>This could be adapting something we have/do already or introducing something new with the aim of providing more person-centred care and support.</i></p>
<p>What do we want to do?</p>
<p>Where and when can we test it out (and repeat)? <i>Think about who we can test this on?</i></p>
<p>Who or what can help us do this for the first time? (These are our leaders)</p> <ul style="list-style-type: none">• <i>Think about members in the group</i>• <i>Others- who we already know/can get support from</i> • <i>Are there any particular 'things' we need or training or support to make it happen?</i>
<p>How will we know it's worked/it's been successful?</p> <ul style="list-style-type: none">• <i>Think about what will be different?</i>• <i>Think about what it will look like/feel like for the people experiencing it?</i>
<p>What can we do to help spread the idea if successful? (Think about how we spread the message and who might be our 'first followers' – ie. who might be amenable to trying it out too.)</p>
<p>Any possible barriers or risks to it working?</p>

ACTIONS from discussion

What

Who

When