## 4 + 1

**What have we done to support the person?**

<table>
<thead>
<tr>
<th>What have we tried?</th>
<th>What have we learned?</th>
<th>What are we pleased about?</th>
<th>What are we concerned about?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

+1 – Given our learning, what will we do next?
Guided questions to complete a 4+1

What have we tried?
- What did we do?
- When did we do it?
- Who else was there?

What have we learned?
- What did we learn from the efforts previously mentioned?

What are we pleased about?
- What did we like about what we tried?
- What went well?
- What worked for Mary and for staff?

What are we concerned about?
- What challenges did we encounter?
- What didn’t we like about what we tried?
- What didn’t work for Mary or for staff?