Person Centred Planning

4 + 1 Questions

**How 4 + 1 Questions work**

Set out five sheets of flip chart paper which are headed with the following questions:

1. What have we tried?
2. What have we learned?
3. What are we pleased about?
4. What are we concerned about?
5. What do we need to do next?

The 4 + 1 Questions is a quick way to work out better ways of supporting children/young people. Staff are less likely to continue to do what is on the ‘what are we concerned about’ list.

This approach may also be used as a way to conduct an interim or follow up review.

**When to use 4 + 1 Questions?**

* When a more gentle approach is needed, to support ongoing efforts
* When people in the Childs/Young Person’s life are stuck and don’t know what to try next or lots of different approaches have been tried with little success
* As a reviewing tool to support the ongoing assess, plan, do, review cycle
* When thinking about a particular challenge or situation , to support the planning for change – when completed collectively it empowers different learning perspectives

**How it helps?**

* Support the updating of a one page profile
* Review outcomes/learning goals
* Quick tool to work out better ways of supporting people or working together