

Making change happen

Step	Activity	Changes
<p>Identify existing activities and arrangements</p> <p style="text-align: center;">↓</p>	<p>Identify existing family activities by mapping out the daily, weekly, or monthly activities and the time needed for each activity.</p> <p>Identify short and long-term needs and discuss with the family how they can be better arranged in to all the family's needs.</p>	
<p>Decide what needs to be changed</p> <p style="text-align: center;">↓</p>	<p>Identify the “<i>real</i>” concerns and decide what has to change, create a fresh view.</p> <p>Identify obstacles.</p> <p>Discuss options, do not reject any ideas or suggestions, the first idea often the best. Be objective.</p>	
<p>Introduce change</p> <p style="text-align: center;">↓</p>	<p>Introduce change.</p> <p>Be prepared to give the change a chance to work.</p>	
<p>Maintain change</p> <p style="text-align: center;">↓</p>	<p>Keep the change in place, don't slip back into the “<i>old ways</i>”.</p> <p>The change should make things easier and less stressful to get through the day.</p>	
<p>Consider new changes</p>	<p>The lessons learned from introducing the change provides opportunities to identify and try out new arrangements.</p> <p>Return to the first step and repeat the process.</p>	