

Worksheet 7.2: A five-step approach to planning for change for carers, incorporating using a spider diagram and planning SMART baby steps

This is a simple and useful approach for carers considering making changes to their own behaviours:

- **Step one:** Identify behaviours you might want to change – perhaps use a spider diagram.
- **Step two:** Rank them in order of difficulty to change – this is subjective and you might change your mind a few times.
- **Step three:** Choose the easiest one and using the ABC approach consider as many options as you can think of. Perhaps your support person can help with this. Once you have made your choice you can start the experiment.
- **Step four:** Use SMART planning and solution-focused questioning to consider possible options and who could help.
- **Step five:** Review and reflect on how this experiment has gone.

If something works well then keep doing it. If something doesn't work out, then reflect on what went wrong. Perhaps it was just too difficult for everyone involved. Could you break it down into smaller steps? If not put it on the back burner for now and try another experiment.

Example

Step one: Identify behaviours you might want to change

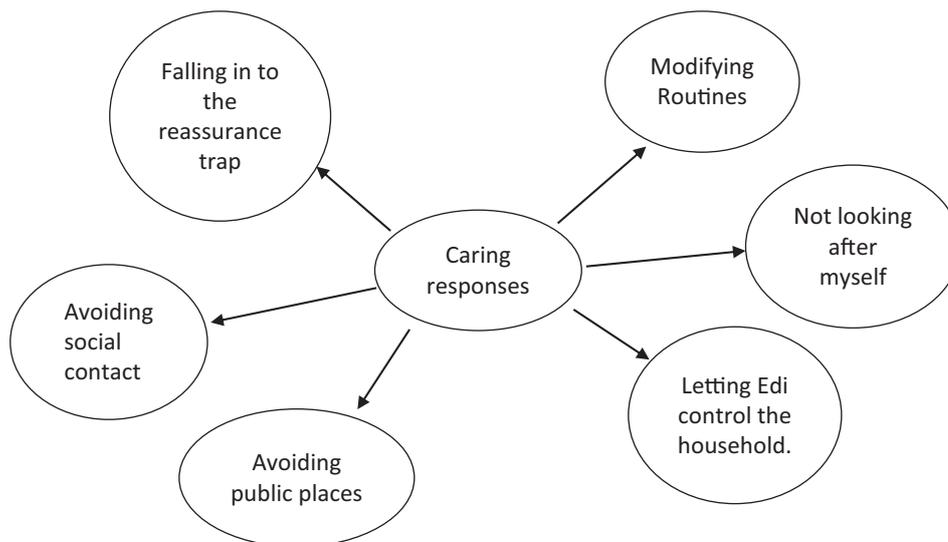


Figure 7.4 Using a spider diagram to identify potentially unhelpful caring behaviours

Step two: Rank them in order of difficulty to change

1. Letting Edi control the household
2. Falling in to the reassurance trap
3. Modifying routines
4. Avoiding public places
5. Avoiding social contact
6. Not looking after myself

Step three: Choose the easiest one

Using the ABC approach consider as many options as you can think of. Perhaps your support person can help with this. Once you have made your choice you can start the experiment. Table 7.8 shows the ABC analysis of the caring behaviour.

Menu of options:

Table 7.8 Completed functional analysis for Mum using the ABC model

Antecedent	Carer behaviour	Consequence
Edi is so demanding and wants Mum there 24/7	Mum doesn't look after herself or take any time out	Edi becomes more and more demanding.
Mum too exhausted		Mum gets no time out
Mum feels guilty thinking about her own needs		Mum gets more exhausted and depressed

1. Reclaim all my hobbies and social life
2. Book a massage
3. Have a night out with my husband
4. Have coffee with a friend
5. Have a hot bubblebath with candles, soft music and the door shut
6. Go to a yoga class with my older daughter.

Step four: Use SMART planning and SFQ to consider possible options and who could help

'My SMART plan is to ring Louise and arrange to have coffee with her on Tuesday when my husband is working from home. I will talk to my husband on Saturday morning about how it went.'

See Worksheet 7.1.3 for SMART planning and solution-focused questioning.

Step five: Review and reflect on how this experiment has gone

'I had a lovely coffee with Louise and we agreed not to talk about Edi. It made me feel human again and less tense and we are going to do it again next week.'

Remember experiments don't always work out as you hoped.

If something works well then keep doing it. If something doesn't work out, then reflect on what went wrong. Perhaps it was just too difficult for everyone involved. Could you break it down into smaller steps? If not put it on the back burner for now and try another experiment.

A five-step approach to planning for change for carers

Step one: Identify behaviours you might want to change

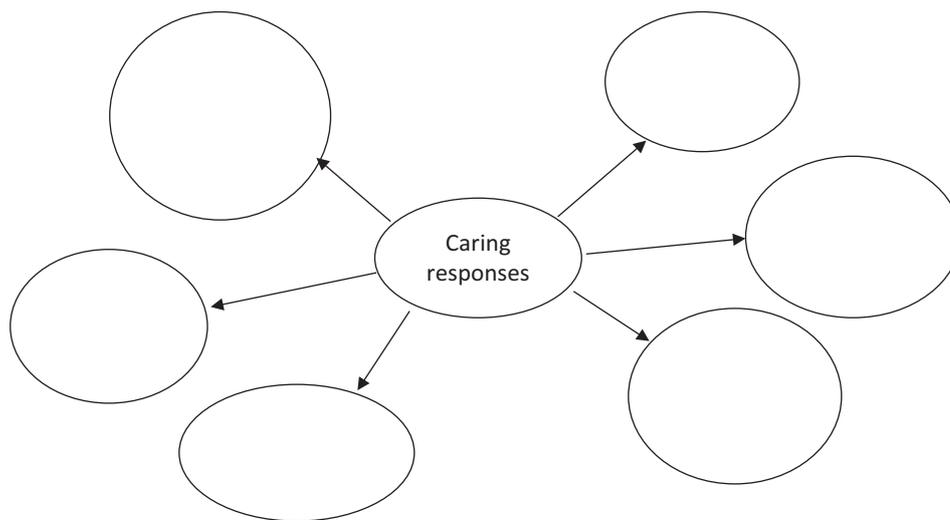


Figure 7.5 Blank spider diagram

Step two: Rank them in order of difficulty to change

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Step three: Choose the easiest one

Using the ABC approach consider as many options as you can think of. Perhaps your support person can help with this. Once you have made your choice you can start the experiment.

Table 7.9 Blank functional analysis ABC table

Antecedent	Carer behaviour	Consequence

Step four: Use SMART planning and SFQ to consider possible options and who could help

See Worksheet 7.1.3 for SMART planning and solution-focused questioning.

Step five: Review and reflect on how this experiment has gone

Remember experiments don't always work out as you hoped.

If something works well then keep doing it. If something doesn't work out, then reflect on what went wrong. Perhaps it was just too difficult for everyone involved. Could you break it down into smaller steps? If not put it on the back burner for now and try another experiment.