

## CHANGE GUIDE

### SHORT TERM MONITORING

## PRACTICE CHANGE: THE TRIANGLE

Use the Triangle to monitor short-term progress made on your plan to implement person-centered care using an Ida tool.

Fill in the Triangle:

- Indicate on the bottom scale (0 - 10) how successful you think you have been at using the chosen Ida tool.
- Reflect on your answer and what has helped or hindered you from using the tool successfully. Write down what has helped along the right-hand side of the Triangle and what has hindered along the left-hand side.
- Focus on what has helped and under “Actions” write down the steps you can take to further improve your ability to use the Ida tool in your practice.

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Goal: Implement (Idea tool) to help me practice person-centered care.

