

ABLE Simple Rules Checklist

Consider how the ABLe Change simple rules could help in pursuing your goals.



ABLE Simple Rules

Everyday Habits



Think Systemically

Understand and address multiple interacting causes of local problems – and do so in ways that change the system itself (not just people).

- Understand root causes before jumping to solutions**
Ask why problems are happening (several times if needed) so you can understand and target root causes instead of symptoms.
- Design powerful strategies to change the system**
Shift system policies, practices, environments, roles, narratives, and processes at multiple levels instead of only building knowledge and skills (as people move and staff turnover).



Engage Diverse Perspectives

Engage different perspectives to better understand local problems, why they are happening, possible solutions, and change progress.

- Use input from local residents to help design your efforts**
Ask local youth and adults – especially those experiencing inequities - about their dreams, what needs to change in the community to help reach those dreams, and strategy ideas.
- Engage local residents and partners as change agents**
Provide opportunities and capacity-building to engage residents in co-designing strategies and carrying out change actions.



Incubate Change

Help people in different roles across the community (leaders, staff, and residents) initiate quick, small actions to move change efforts forward.

- Identify feasible, quick win actions to promote change**
Help different stakeholders identify and initiate quick actions they can accomplish within 3 months to move efforts forward.
- Support action behind the scenes**
Track which actions have been initiated and completed over time to pursue different goals, and use this information to inform decision-making and provide follow up support between meetings.



Implement Change Effectively

Put conditions in place to ensure strategies are carried out effectively.

- Identify and address anticipated implementation needs**
Build needed buy-in, capacity, reach, and system alignment to help people and settings effectively implement changes
- Gather and use rapid feedback to support implementation**
Gather rapid feedback about whether efforts are being adopted, used, and reaching intended stakeholders and settings.



Adapt Quickly

Quickly identify, understand, and respond to emerging problems and opportunities – and share insights with relevant others in the community.

- Ask powerful questions to identify and address emerging problems and opportunities**
Ask questions during meetings and conversations to understand and address new problems, and learn for continuous improvement.
- Weave information to relevant people and settings**
Share relevant information and questions with local individuals, organizations, or collaborative efforts to support the change process.



Pursue Equity

Identify, acknowledge, and tackle local inequities – and build conditions promoting equity.

- Use disaggregated data to understand local inequities**
Break-down local outcome data to understand which groups are experiencing worse outcomes compared to other groups and why.
- Pursue change using a targeted universalism approach**
Design change efforts to address the unique needs and circumstances of groups experiencing inequities, and then expand to benefit other groups.