

Independence Star™ Scales

The Outcomes Star for the armed forces community

For each of the six areas, circle the description that best fits for you now.

- 1 Cause for concern 2 Accepting help 3 Believing and trying 4 Finding what works 5 Managing well

1 Finances

Paying bills and rent, benefits, debt, budgeting, managing assets, paperwork, planning



- 5 I'm managing financially and don't need extra help at the moment
- 4 I'm getting to grips with my finances, but I need some help
- 3 I believe I can sort out my finances and am trying to tackle this, but it's hard
- 2 I know I have financial problems but I'm starting to get some support with this
- 1 I have major financial problems. There is no support available or it wouldn't help

2 Housing

A safe and adequate home, furniture and equipment, repairs, aids and adaptations



- 5 My home is suitable for my needs
- 4 My home is mostly suitable for my needs but minor improvements are needed
- 3 My home is adequate or I'm making changes but there are some significant needs
- 2 My home isn't adequate for my needs but I'm starting to get help to sort this out
- 1 My home isn't adequate for my needs. There is no support available or it wouldn't help

3 Health

Managing physical health, healthy lifestyle, doctors and treatment, looking after yourself



- 5 I'm as healthy as possible at the moment and look after myself well enough
- 4 I'm finding ways to stay healthy but some improvements are needed
- 3 I want to be healthier and am trying to take better care of myself, but it's hard
- 2 My health is poor or at risk but I'm getting help with this
- 1 My health is poor or at risk. There is no support available or it wouldn't help