

Is your life as good as it can be?

We are here to help you to be as well and independent as you can be. The questions that follow and the process of plotting your scale points on the Star Chart will help you think about how your life is now and what you and others could do to improve things. Circle the answer that fits best for you.

Are you staying as well as you can?

Regular check-ups, taking medication, eating well, exercise, stopping smoking



- 5 I do everything possible to be as healthy as I can be. *You may be ill or have chronic health conditions but you are doing everything you can to manage them well*
- 4 I have regular check-ups, for instance, with the nurse, dentist or optician, and do some things to be as healthy as I can be but there is more I could do
- 3 I get help when I need to and take the medication I am prescribed but I don't do things to be as healthy as I can be like making sure I have a balanced diet and regular exercise
- 2 I know I need to get help with my health but I haven't yet
- 1 I never see a doctor, even when I feel unwell or notice something unusual

Has this service helped you to look after your health better?

Yes a lot

Yes a bit

No

Not yet

Are you keeping in touch?

Seeing people, having things to do, doing the amount that is right for you



- 5 I see people and have interesting things to do. What I do and how much I do is just right for me
- 4 My day is right for me quite a lot of the time
- 3 I'm often bored or lonely but I have a few things to do or people to see. I'm thinking about or trying one or two new things
- 2 My days are very lonely or boring and I wish it could be different. I'm talking to someone about it but it feels too hard to do new things
- 1 My days are very lonely or boring – that's just how it is

Has this service helped you to keep in touch?

Yes a lot

Yes a bit

No

Not yet

Are you feeling positive?

Enjoying life, adapting to new circumstances, feeling at ease with how things are

If your feelings change a lot from day to day and hour to hour, think about how you have felt most of the time over the last month.



- 5 I mostly feel at ease and able to appreciate the good things in my life. *There may be things that you find difficult still but mostly you feel positive about life*
- 4 Things are hard sometimes but I feel okay. I make an effort to do things that help me to feel positive. It doesn't always work but I am learning what works for me
- 3 I have good days and bad days and I am thinking about how to feel more at ease, content or happier
- 2 Life is getting me down but I am talking to someone about this and getting some help
- 1 Life is getting me down. There is nothing anyone can do to help

Has this service helped you to feel more positive about life?

Yes a lot

Yes a bit

No

Not yet

Are you being treated with dignity?

Personal carers, people who help with housework, wardens, relatives



- 5 I am treated with dignity and respect by those who care for me and my care is organised the way I want it **or** I don't have any kind of carer
- 4 I am mostly treated with dignity and respect and the people who care for me take notice of what I want at least some of the time
- 3 I am treated with basic dignity but my care isn't organised the way I would like
- 2 I am not treated with dignity and respect but I am talking to someone about how to improve this
- 1 I am not treated with dignity and respect and there isn't anything I can do to change this

Have you been treated with dignity and respect in this service?

Yes a lot

Yes a bit

No

Too early to tell

Has this service helped you to make sure you are treated with dignity by others?

Yes a lot

Yes a bit

No

Not yet