

Planning Star™ Scales

The Outcomes Star for young asylum seekers

For each of the eight questions, choose the answer that best describes you most of the time. The “Immigration process” scale follows a slightly different pattern of change. Stages 3 and 4 have different names to reflect this: stage 3 is ‘in process’ and stage 4 is ‘mostly ok’.

- 1 It's not OK 2 Accepting help 3 Stable 4 Learning for yourself 5 Managing well

1 Where you live

Safe and suitable housing, support from caregivers, housing options, tenancy skills



- 5 I'm comfortable where I live and have the skills I need to manage in the future
- 4 I'm finding ways to settle in and learning skills to live independently, but there are a few issues
- 3 I feel OK about where I live and the people I live with, but need to settle or build my independence
- 2 There are big problems with where I live but I'm talking to someone about it
- 1 There are big problems with where I live. I don't have help or don't trust anyone to help

2 Education, activities and work

English language skills, training or employment, positive activities



- 5 I have enough English to manage and am getting on well with education and other activities
- 4 I'm finding ways to get on better with education and activities, but there are a few issues
- 3 I'm starting to settle in education, training or work and have a few activities in my week
- 2 I don't speak English or am not doing any learning but I'm getting help with this
- 1 I don't speak English or am not doing any learning. I don't have help or don't trust anyone to help

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3 Physical health

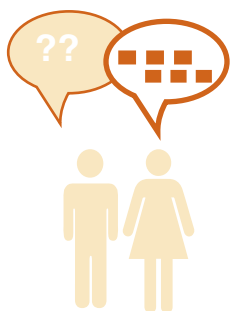
Doctor and dentist, immunisations, treatment, nutrition, sleep, healthy lifestyle



- 5 I have a healthy enough lifestyle and take care of myself. I can access health care well enough
- 4 I'm finding ways to have a healthy lifestyle and take care of myself, but there are a few issues
- 3 I have basic health care and any immediate health problems have been addressed
- 2 I don't have all the health care I need but someone is helping me
- 1 I don't have the health care I need. I don't have help or don't trust anyone to help

4 People and support network

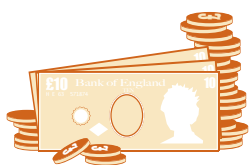
Friends, family, people who support you



- 5 I have friends here and supportive adults in my life
- 4 I'm building friendships and connections with people who support me but there are a few issues
- 3 I have a few supportive people in my life
- 2 I don't have positive friends or enough support here but I'm talking to someone about this
- 1 I don't have positive friends or support here. I don't have help or don't trust anyone to help

5 Money

Understanding and managing money, budgeting, benefits and allowances, bills, debts



- 5 I can manage my money independently
- 4 I'm finding ways to manage my money, but sometimes need support with difficulties
- 3 There are no major problems with money but I'm not yet managing it well enough
- 2 I have problems with money or don't understand it but I have help with this
- 1 I have problems with money or don't understand it. I don't have help or don't trust anyone to help

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