

# Support Star (Young People)™ Scales

The Outcomes Star for young people facing serious illness

For each of the seven questions, choose the answer that best describes you most of the time.

1 Not able to respond   2 Taking it in   3 Trying to respond   4 Finding a way through   5 Managing well

## 1 Physical health

Medication, treatment, fertility and other side effects, healthy lifestyle



- 5 I look after my health and manage any side effects well enough
- 4 I mostly look after my health and manage any side effects but need to make some changes
- 3 I'm trying to have a healthier lifestyle and manage any side effects but it's hard
- 2 I'm finding out how to look after my health with this condition
- 1 I don't take care of my health even though I have a serious illness

## 2 Study and work

Education, work, training, volunteering, goals for the future



- 5 I'm in education, work or training or on a break but clear about my plans
- 4 I'm finding a way to manage in relation to work, study or other plans but am not there yet
- 3 I'm trying to sort things out in relation to work, study or other plans, but it's hard
- 2 I'm taking in what my condition means for my work, study or plans
- 1 I'm not able to study or work at the moment. I can't do anything about it just now

## 3 Doing what matters to you

Activities that make life meaningful, social life, enjoyment, feeling like yourself



- 5 I'm able to do enough of what is important to me now
- 4 I'm finding ways to do some of what matters to me
- 3 I'm trying to do what matters to me but it's difficult
- 2 I'm taking in what my condition means for what I can and can't do
- 1 I can't do the things that matter to me and make life meaningful. I can't think about this now