

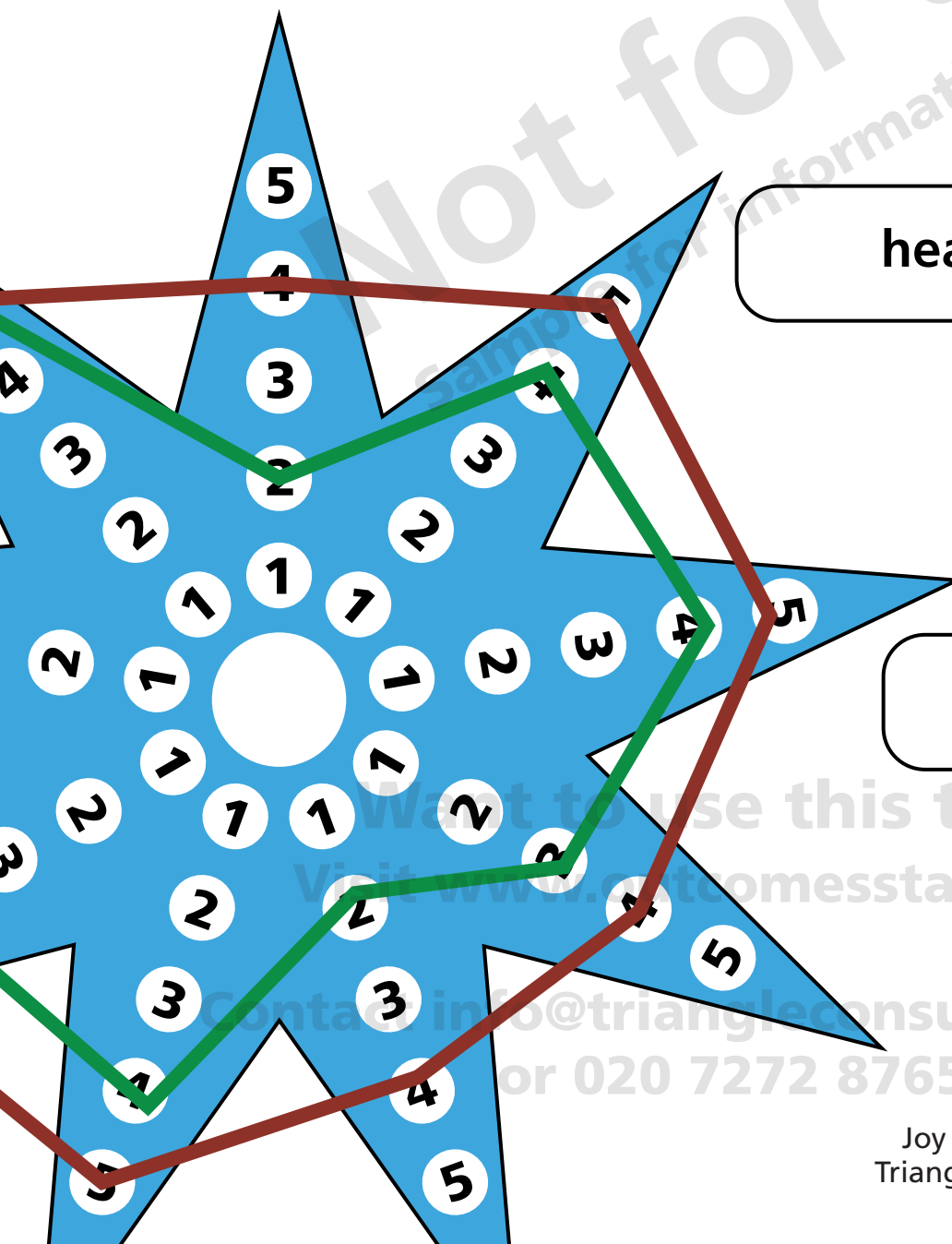
VIP Star™

The Outcomes Star for for people with visual impairment

managing visual
impairment

health

where you
live



Want to use this tool?
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or 020 7272 8765

Developed by Sara Burns and
Joy MacKeith with Sandra Greaves
Triangle Consulting Social Enterprise

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Triangle Consulting Social Enterprise Ltd
The Dock Hub
Wilbury Villas
Hove
BN3 6AH
United Kingdom

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Authors

Sara Burns and Joy MacKeith
with Sandra Greaves
Triangle Consulting Social Enterprise Ltd
www.outcomesstar.org.uk

Designed and edited by Jellymould Creative
www.jellymouldcreative.com

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Please contact info@triangleconsulting.co.uk to enquire about buying a licence and training.

Licences are also available for those wishing to translate the document into other languages.

The Outcomes Star™

This Star is part of a family of Outcomes Star tools. Each tool includes a Star Chart, User Guide or Quiz and guidance on implementation and some have visual and other resources. For other versions of the Outcomes Star, good practice and further information see www.outcomesstar.org.uk.

Acknowledgements

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- The Pocklington Trust for initiating this development and collaborating in the development of the pilot version and additional accessibility developments for the Star Online, as well as piloting the VIP Star
- Blind Veterans for additional collaboration in the pilot stage and input to enable us to finalise the VIP Star and accessibility within the Star Online.

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The VIP Star™

Helping you to have a life that's right for you

We are here to help you manage well, both at home and out and about, and to have a life that's right for you. The VIP Star helps us do that by focusing on nine areas of your life where you might need support now, or in the future:

1. Managing visual impairment
2. Health
3. Where you live
4. Looking after yourself
5. Meaningful activity
6. Social life
7. Money
8. How you feel
9. Dignity.

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How we change things that aren't working for us – the Journey of Change

It takes time to find what you need in order to have a life that is right for you. It can help to build a picture of what improvement looks like. The scales within the VIP Star follow five steps. We call these steps the Journey of Change. For most of the outcomes areas the steps are:

- 1.** At the beginning of the journey there is **cause for concern** – maybe you are at risk, not managing or leading a very restricted life – but you are not receiving or are refusing the help you need
- 2.** The first change happens when you begin **accepting help** – though the risks or limitations may still be quite severe – you are engaging with help to sort things out or improve your life
- 3.** You then move on to actively **exploring what's possible**, which may be help, aids, adaptations or technology and is a move towards finding and trying new ways of doing things
- 4.** Through trying a number of options, you then start **finding what works** but there are still some improvements that you and the person working with you will want to make
- 5.** Towards the end of the journey you are **maximising your independence and well-being** – you have the right level of support to be as independent as possible while maintaining your safety and quality of life.

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When we talk about Where You Live and Dignity, the focus is slightly different. These areas are less about the changes you need to make and more about your circumstances, so the Journey of Change follows these five stages:

- 1.** At the first stage there is **cause for concern** and you do not have help – as 1 above
- 2.** The first step forward is **accepting help** – as 2 above
- 3.** In the mid-point, there are **no pressing concerns** in relation to the circumstances you are in, but lots of improvements are needed
- 4.** Things are **mostly OK** but there are still a few things to improve to really optimise how things are for you
- 5.** The end point of the scale is when your circumstances are mostly **as good as they can be**.

Everyone's journey is unique. In all nine areas, not everyone will start at the beginning, at point 1, and point 5 may not be the end of the journey – things will change and there may be ways you can improve things further – but at 5, you and the people supporting you can be confident, that for now, you and they are doing what is needed.

What to do now

In each of the nine Star areas, choose the point on the journey that fits best for your current situation, then mark these on the Star Chart and join the points to create a shape. You can add any notes you want. Then discuss the Star with your keyworker and together you can agree the next steps for you and assess any support you need.

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1 Managing visual impairment

Confidence, getting around, feeling safe, support, aids and adaptations, making best use of sight and mobility

- 5 I manage well with visual impairment and any other conditions I have
- 4 I am gaining confidence and often manage well but there are some issues
- 3 I am exploring how to manage better with visual impairment and other conditions
- 2 I am not managing at the moment but I have help
- 1 I am not managing at the moment because of visual impairment or other conditions

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1 Managing visual impairment (detail)

5 Maximising your independence and well-being

I manage well with visual impairment and any other conditions I have

- You have the experience, skills, help, aids and adaptations you need to manage well with visual impairment and any other conditions or disability
- You are mostly confident both at home and in the world around you. You get around and manage as independently and safely as possible
- No further changes are needed for the moment

4 Finding what works

I am gaining confidence and often manage well but there are some issues

- You have some support, aids, adaptations and skills that work for you in getting around and managing both at home and in the world around you
- However, there is more that would help you to maximise your independence and safety so some changes or extra support are needed

3 Exploring what's possible

I am exploring how to manage better with visual impairment and other conditions

- You are finding out what support, aids and adaptations are available
- You may be learning or re-learning skills to be more mobile and starting to try things out or put new approaches into practice
- You may find it difficult to keep trying or need to make some big changes

2 Accepting help

I am not managing at the moment but I have help

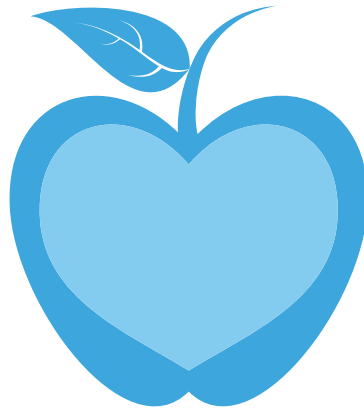
- You recognise that you need support or aids to cope better with visual impairment or other conditions
- You are talking to someone about how you could be more mobile, expand your life or feel safer, but it may feel scary or you don't feel confident to try things out yet

1 Cause for concern

I am not managing at the moment because of visual impairment or other conditions

- You feel unsafe or lack confidence in managing at home or getting around because of visual impairment and/or other issues
- You are not making good use of any remaining sight or mobility
- You do not accept support or there is no appropriate support available. This may be for a number of reasons, including lack of understanding or bad experiences in the past
- Perhaps your sight or mobility has recently deteriorated and as a result your life has shrunk and you don't know what to do

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2 Health

Doctors, treatment and check-ups, medication, healthy lifestyle, alcohol, care needs

- 5 I look after my health as well as possible
- 4 I often do what I can to keep healthy but there is more I could do
- 3 I mostly get treatment when I need to and am trying to live more healthily
- 2 I don't look after my health well enough but I am getting some help
- 1 I don't see a doctor even when I feel unwell or notice something unusual

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2 Health (detail)

5 Maximising your independence and well-being

I look after my health as well as possible

- Your physical health is as good as it can be. You go to the doctor as needed and follow treatment
- Your lifestyle is healthy enough and you have a sense of what makes you feel well, including eating healthy food, taking appropriate exercise and avoiding cigarettes or too much alcohol
- You have any support you need to keep yourself as healthy as possible. If you have a chronic health condition, you are managing this well

4 Finding what works

I often do what I can to keep healthy but there is more I could do

- You attend all the recommended check-ups and know how to care for your health if it is deteriorating in any way
- You are making an effort to follow a healthy lifestyle but some areas are easier than others so changes are needed. For instance, maybe you eat well enough and take some exercise but drink more than is healthy for you or smoke

3 Exploring what's possible

I mostly get treatment when I need to and am trying to live more healthily

- When you feel unwell you see a doctor or nurse. You mostly take any prescribed medication you need
- If you have health problems, you mostly attend medical appointments and try to follow advice but find it hard to stick to changes or treatment
- You are starting to explore how to eat better, take appropriate exercise or put other healthier lifestyle choices into practice but find it difficult so may give up quickly

2 Accepting help

I don't look after my health well enough but I am getting some help

- You accept treatment for any major health problems but do not look after more minor health problems
- You will talk to health professionals or others and listen to advice if your lifestyle is unhealthy but you do not make any significant changes. Perhaps it feels too difficult or you can't see the point

1 Cause for concern

I don't see a doctor even when I feel unwell or notice something unusual

- You do not seek help with your health. Perhaps your health is deteriorating or you have a medical condition but you refuse treatment from doctors or other health professionals
- This may be for a number of reasons, including lack of understanding or bad experiences in the past
- Your lifestyle may be unhealthy due to not eating enough healthy food, lack of exercise, poor sleep patterns, too much alcohol or smoking. You may have pressure sores or other problems due to lack of mobility or appropriate care

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3 Where you live

Your domestic circumstances, getting about at home, safety, lighting, adaptations

- 5 My home is arranged so I can live as independently as possible
- 4 My home is mostly suitable for me
- 3 There are no serious safety concerns but lots of changes are needed at home
- 2 It is really hard for me to manage at home now but I have help
- 1 Where I live is not suitable for me. I am not able to change that and don't have help

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3 Where you live (detail)

5 As good as they can be

My home is arranged so I can live as independently as possible

- Your home is suitable for you so you can move about and make the most of any remaining sight as independently and safely as possible

4 Mostly OK

My home is mostly suitable for me

- Your home is mostly suitable for you but there are areas that could be improved to make things easier and safer, and to make best use of any remaining sight
- You usually know how to contact people as needed for repairs

3 No pressing concerns

There are no serious safety concerns but lots of changes are needed at home

- Where you live is basically safe and there are no serious or immediate concerns but lots of improvements are needed to enable your independence, mobility and comfort at home
- This may include fitting new adaptations, aids and lighting or perhaps rearranging or reducing your possessions to fit more safely in your home
- You know how to contact people in an emergency but may not be confident about the process for other repairs or changes

2 Accepting help

It is really hard for me to manage at home now but I have help

- You know that your home is endangering your well-being or safety, or that you may be evicted – and you are accepting help to avoid these risks
- You are talking to people and considering what your options are but you have not yet acted on advice

1 Cause for concern

Where I live is not suitable for me. I am not able to change that and don't have help

- Your home is not suitable for you but you don't know what is possible, or you don't feel able to change things
- This may be for a number of reasons, including lack of understanding or bad experiences in the past
- Other people are concerned that where you live endangers your well-being or safety or prevents you living more independently but you are not talking to anyone about this

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4 Looking after yourself

Meals, housework, shopping, dressing, personal hygiene, caring for others

- 5 I look after myself as well and as independently as possible
- 4 I can mostly look after myself but some areas still need to improve
- 3 I am actively exploring ways to look after myself better
- 2 I cannot look after myself well enough at the moment but I am getting help
- 1 I cannot look after myself well enough and I do not have help or refuse help

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4 Looking after yourself (detail)

5 Maximising your independence and well-being

I look after myself as well and as independently as possible

- You have the help, aids, skills and technology you need to get on with daily living as safely and independently as you can
- You are able to look after yourself and any dependents, or have handed responsibility over to others if this has become too much
- You are safe and there are no concerns or changes needed at the moment

4 Finding what works

I can mostly look after myself but some areas still need to improve

- You may be using new aids or methods to help with dressing, personal hygiene, cooking, shopping or other areas, with some success
- You may be gaining confidence in new skills or, if your vision has deteriorated, re-learning old skills

3 Exploring what's possible

I am actively exploring ways to look after myself better

- You are finding new ways to look after yourself and starting to test out new aids, methods or skills, but you lack confidence and haven't seen the benefits yet
- You are getting the help you require to meet your basic needs like food and personal care, but perhaps could be doing more for yourself

2 Accepting help

I cannot look after myself well enough at the moment but I am getting help

- You recognise that at the moment you are not able to look after yourself or others for whom you have responsibility. It may be difficult to feel dependent but you do accept help
- You may be talking to people about how they could help you do more for yourself but you feel unsure about this or lack confidence

1 Cause for concern

I cannot look after myself well enough and I do not have help or refuse help

- You cannot look after yourself. You may have given up trying to find ways around problems with shopping, cooking, personal hygiene and other areas
- Perhaps you have become very dependent on others for your care. Other people feel that you could do more for yourself but you don't see how or lack confidence
- You do not have, or you do not accept, the right help to maximise your independence and well-being in this area

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