

Well-being Star™ Scales

The Outcomes Star for self-help with health conditions

What could help you be as well and as independent as possible?

To help you think about this, read the eight scales below. Choose the statement that describes you most of the time and then mark the number on the Well-being Star.

1 Not thinking about it **2** Finding out **3** Making changes **4** Getting there **5** As good as it can be

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

1 Your lifestyle

Sleeping habits, exercise, smoking, diet



- 5** My diet, exercise and sleep routines support my health and well-being, and I am as healthy as I can be at the moment
- 4** My lifestyle is pretty healthy, but there are more things I could do to look after myself well
- 3** I'm making changes to my lifestyle but it's difficult to keep going
- 2** My lifestyle isn't healthy, but I'm finding out about changes that could help me to feel better
- 1** I don't have a healthy diet, exercise and/or sleep routine, and am not yet doing anything to change that. I don't know how to, don't believe it would help and/or it seems too difficult

2 Looking after yourself

Shopping, going out, cleaning, getting dressed



- 5** I'm as independent as I can be at the moment. I have any adaptations, equipment and/or support I need and use them well
- 4** I'm mostly able to look after myself and get around but could do more with the right adaptations, equipment and/or support
- 3** I'm trying out adaptations, new equipment, and/or support to help me get around or do more for myself, but it's early days
- 2** It's hard for me to look after myself or get around, but I'm looking into ways to do more for myself and/or make things easier so it's less of a struggle
- 1** It's hard for me to look after myself or get around, and I'm not yet doing anything to change that. I don't know what would help, don't believe it could be much better and/or it seems too difficult

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3 Managing your symptoms

Information, doctors and medication, resting and energy levels, pain management



- 5 I do everything possible to manage my symptoms well so that their effect on my life is as small as it can be
- 4 I mostly manage my symptoms well but there are some areas that could be better
- 3 I'm trying new ways to manage my symptoms but often find it hard to keep going
- 2 I'm finding out about things I can do to manage my symptoms or thinking about changes I could make
- 1 I'm not managing my symptoms or thinking about how to do so. I don't know how to, don't believe I can do anything to help and/or believe this is just for the doctors to do

4 Work, volunteering and other activities

Volunteering, training, work conditions, new role



- 5 I'm able to work or do other activities that I find meaningful and have any support I need
- 4 I have made some improvements in relation to work, volunteering or other activities, but things could be better
- 3 I am trying out new ways of doing things in relation to work, volunteering or other activities, but it's hard
- 2 I am looking into how I could work or do other activities that I want to do with my condition
- 1 My condition affects my ability to work, study, volunteer or do other things. I don't believe anything can be done to change that, don't want to and/or don't know if help is available

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