

# Young Person's Star™ Scales

The Outcomes Star for young people moving to independent living

We are here to help you develop the skills you need to live independently and support you on the way to the future you want. For each of the eight questions, mark the description that best fits you now.

- 1 Stuck   2 Accepting help   3 Trying to sort things out   4 Getting there with support   5 Independent

## 1 Accommodation

Where you live, managing a tenancy, moving on, sharing a place



- 5 I live independently and manage well enough without support from a service. I know how to get help if I need it
- 4 I have somewhere stable to live, or am applying for a place. I mostly manage OK but need some support with the tenancy agreement, sharing with people or other issues
- 3 I have somewhere to live, with support, and am not at risk of eviction. I am taking steps to live independently in the future but it's early days
- 2 I am at risk of eviction, staying somewhere unsuitable, homeless or in custody. I engage with support but don't take the initiative
- 1 I am at risk of eviction, staying somewhere unsuitable, homeless or in custody. I don't have or don't accept support

## 2 Work and learning

How you spend your time during the week, aspirations for the future



- 5 I am in training, education or work, or I'm a full-time parent. I am working towards what I want to achieve without support from a service
- 4 I am in training, education or work, or I'm a full-time parent. I need support to maintain this, make progress or change direction
- 3 I am having a go at training, education, volunteering, work or another activity but find it hard to stick to
- 2 I am not in work, training or education but I want to do something with my time and am talking to someone about it
- 1 I am not in work, training or education and don't want to talk about it

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## 3 People and support

### Support from workers and networks outside the service



- 5 I mostly feel supported and connected. I have friends or other people outside the service who are good for me, so I don't need professional support in this area
- 4 I am getting to know new people or spending more time with people who are good for me, but I need support from workers too
- 3 I try to spend time with people outside the service who are good for me but it's difficult. People knock me back or I miss my old friends
- 2 At least one worker in the service is helping me and I feel supported by them. My friends or family are mostly not helpful
- 1 There is no one who cares what happens to me or helps me sort my life out, or I am in a violent relationship or at risk from people around me

## 4 Health

### Food, exercise, sleep, doctors, sexual health, mental health



- 5 I look after my physical, mental and sexual health well enough by myself. I go to the doctor when I need to and mostly have enough healthy food, exercise and sleep
- 4 I look after my health well enough in some ways but there are areas where I need reminders or support from the service
- 3 I am trying to look after my health better, such as by going to the doctor if I am ill or eating more healthy food. It's difficult and I often slip back into old habits
- 2 I am harming or risking my health but I know this needs to change and I am talking to someone about it
- 1 I am harming or risking my health by not getting treatment for physical or mental health problems, sexual risk-taking or not eating well enough

Want to use this tool?  
Visit [www.outcomesstar.org.uk](http://www.outcomesstar.org.uk)  
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