

# Home Star™ Scales

The Outcomes Star for people with housing and other needs

For each of the 10 areas, choose the statement that fits best for you most of the time.

1-2 Stuck

3-4 Getting help

5-6 Believing and trying

7-8 Finding what works

9-10 Self-reliance

## 1 Where I'm living

A suitable home, steps to living independently, managing a tenancy



- 10 I live independently and manage my tenancy and don't need support with this
- 9 I live independently and manage my tenancy, with occasional support
- 8 Where I'm living is working for me, with support to maintain this
- 7 I'm making progress with getting a home or learning how to manage it, but there are a few issues
- 6 I'm taking steps to have a home that works for me and to be able to manage it, but it's hard
- 5 I'm starting to believe I could have a home that works for me and that I could manage it
- 4 I consistently get help with getting or keeping accommodation
- 3 I sometimes get help with getting or keeping accommodation
- 2 I don't have suitable housing or am at risk of losing it. I occasionally say this is a problem
- 1 I don't have suitable housing or am at risk of losing it. I don't get the help I need

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Contact [info@triangleconsulting.co.uk](mailto:info@triangleconsulting.co.uk)  
or 020 7272 8765

## 2 Caring for myself and my space

Shopping, cooking, keeping yourself and your home clean and safe



- 10 I can look after myself and my space well enough and don't need support with this
- 9 I can look after myself and my space well enough, with occasional support
- 8 I can look after myself and my space well enough, with support to maintain this
- 7 I'm finding what works for me to look after myself and my space, but there are a few issues
- 6 I'm trying some things to look after myself and my space, but it's hard
- 5 I'm starting to believe I can look after myself and my space better
- 4 I consistently get help with looking after myself and my space
- 3 I sometimes get help with looking after myself and my space
- 2 I don't look after myself or my space well enough just now. I occasionally say this is a problem
- 1 I don't look after myself or my space well enough just now and don't get the help I need

## 3 My money

Benefits, debts, having enough for basics, managing money and paperwork, budgeting



- 10 I can manage my money well enough and don't need support with this
- 9 I manage my money well enough, with occasional support
- 8 I manage my money OK but need support to maintain this
- 7 I'm finding ways to manage my money, but there are a few issues
- 6 I'm sorting out my money and trying to manage with what I've got, but it's hard
- 5 I'm starting to believe I can sort out my money
- 4 I consistently get help with my money
- 3 I sometimes get help with my money
- 2 I have big financial problems. I occasionally say this is a problem
- 1 I have big financial problems and I don't get the help I need

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## 4 Friends and relationships

Friends, family, partners and other close relationships, people who support you



- 10 I have positive relationships and don't need support with this
- 9 I mostly have positive relationships but occasionally need support
- 8 I have positive contact with people, with support to maintain this
- 7 I'm learning how to have positive friendships and relationships but there are a few issues
- 6 I'm trying things to build positive friendships and relationships, but it's hard
- 5 I'm starting to believe I can find positive relationships
- 4 I consistently get help with isolation or lack of positive friendships
- 3 I sometimes get help with isolation or people around me not being good for me
- 2 I'm isolated or the people around me are not good for me. I occasionally say this is a problem
- 1 I'm isolated or the people around me are not good for me. I don't get the help I need

## 5 My health

Doctors, treatment, healthy food, exercise and sleep



- 10 I look after my physical health and don't need support with this
- 9 I mostly take care of my physical health, with occasional support
- 8 I mostly look after my health, with support to maintain this
- 7 I'm finding ways to look after my health, but there are a few issues
- 6 I'm trying some things to look after my health, but it's hard
- 5 I'm starting to believe I can make changes to look after my health
- 4 I consistently get help with looking after my health
- 3 I sometimes get help with looking after my health
- 2 I don't look after my physical health. I occasionally say this is a problem
- 1 I don't look after my physical health and don't get the help I need

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