



# Using the Well-being Star™

The Well-being Star is designed to help people with long-term health conditions. When you complete it, the aim is to help you identify where you might make changes to improve your quality of life and/or reduce the impact your health condition has on different aspects of your life, such as your independence at home, relationships with family or how you spend your days. It consists of:

- Scales to identify where you are in different areas of your life, which you can use either on your own or in discussion with a health or support worker
- A Star Chart (plus Notes) that allows you to visualise where you are
- A simple Action Plan for planning next steps
- Guidance on what the numbers mean and possible next steps for you.

## Always refer to the scales when deciding where you are in each area

For each area, read through all of the scale descriptors and see what is the best fit for you. Think about the pattern (called the Journey of Change), which underpins all the scales: **Not thinking about it**, **Finding out**, **Making changes**, **Getting there** and **As good as it could be**. Without referring to the scales, one person's three could be another person's five and it may be harder to work out what to do next.

## Create your Well-being Star by marking your responses on the Star Chart and joining the points to see the shape it makes

If your Star is big and rounded you are probably doing most of the things that you can do to feel as good as possible and minimise the impact of your health condition. If your Star is quite small or uneven, then there are probably more things you could do to feel better or to do more of what is important to you. Over the page you will find some information on what the stages of the Journey of Change mean and what you could do next.

## Talk to someone about your completed Star or use it as a basis for self-reflection

If you completed the Star on your own, can you find someone to talk to about it? That could be a health worker, a friend or family member, someone else with the condition, or someone from a support group. Whether alone or with someone, it might help to think about the questions below and plan what to do next:

- Why did you choose each response? It is helpful to talk about each area and get someone else's opinion. Perhaps there is more you could do or more help available than you realise
- Where have you placed yourself near the start of a scale, and where further up?

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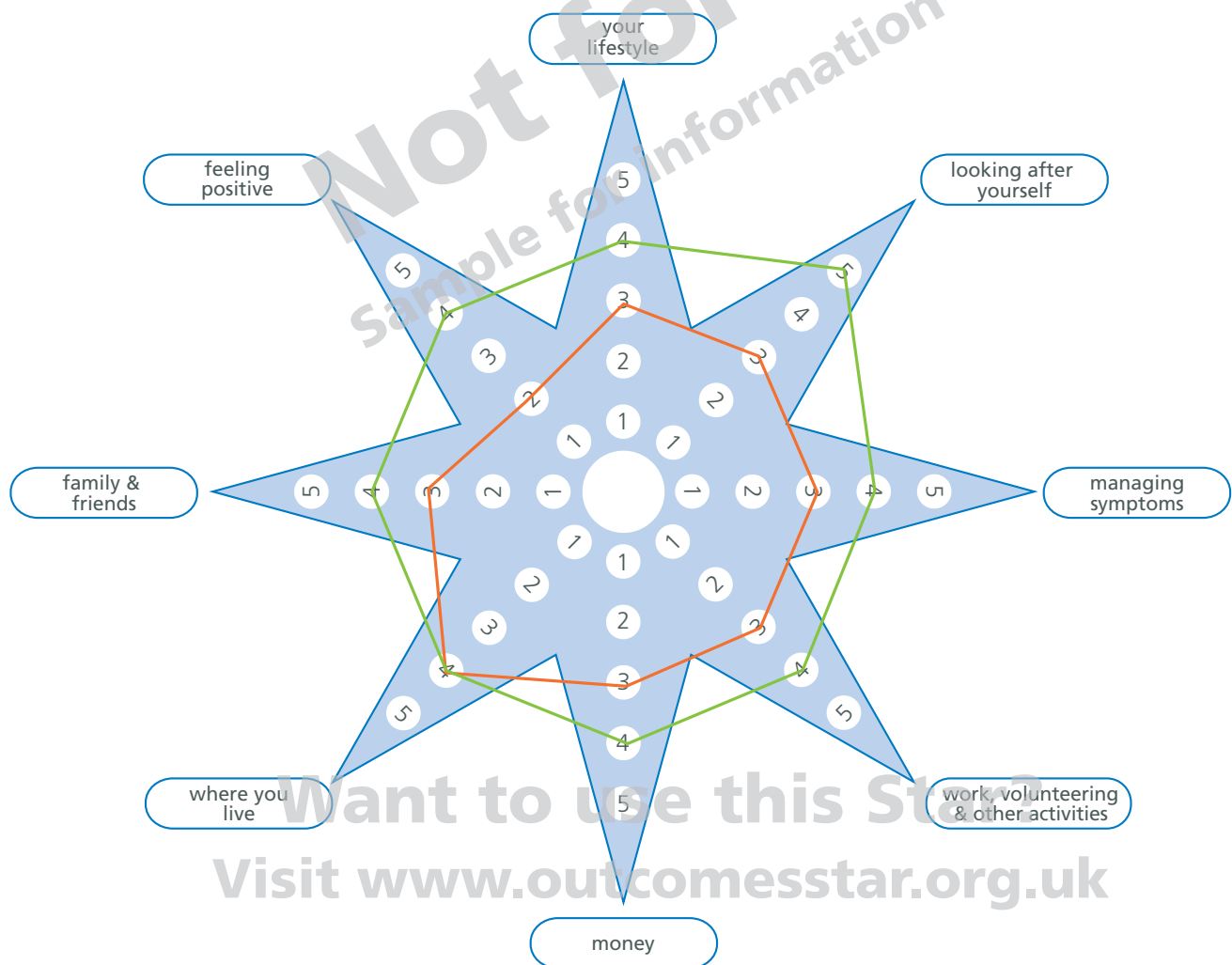
- Looking at the Star as a whole, how do you feel about it? Are there any surprises? What are the areas where you would most like help, or where you feel you could really benefit from making changes yourself? This can be a good time to set yourself some goals. You can use the Star Chart, Notes and Action Plan to record them

There are services and organisations that can help you work out what to do next – for example if you need to get aids or adaptations to be more independent, or you need to make changes to your home. A health worker or support group may be able to put you in touch with these.

### Look again at your Star

After a little time has passed, and you have had a chance to try making changes, you might want to have another go at filling in the Star to see where you have improved, where you might have slipped back a bit, and what things you would like to look at next. You can also look at the goals you wrote in your plan for next steps. Did you achieve them and are there new goals you want to set? If so you can complete a new plan.

The Outcomes Star is underpinned by the assumption that positive growth is a possible and realistic goal for everyone, and it is designed to focus on people’s potential rather than their problems.



Want to use this Star?  
 Visit [www.outcomesstar.org.uk](http://www.outcomesstar.org.uk)  
 Contact [info@triangleconsulting.co.uk](mailto:info@triangleconsulting.co.uk)  
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Figure 1: The Well-being Star