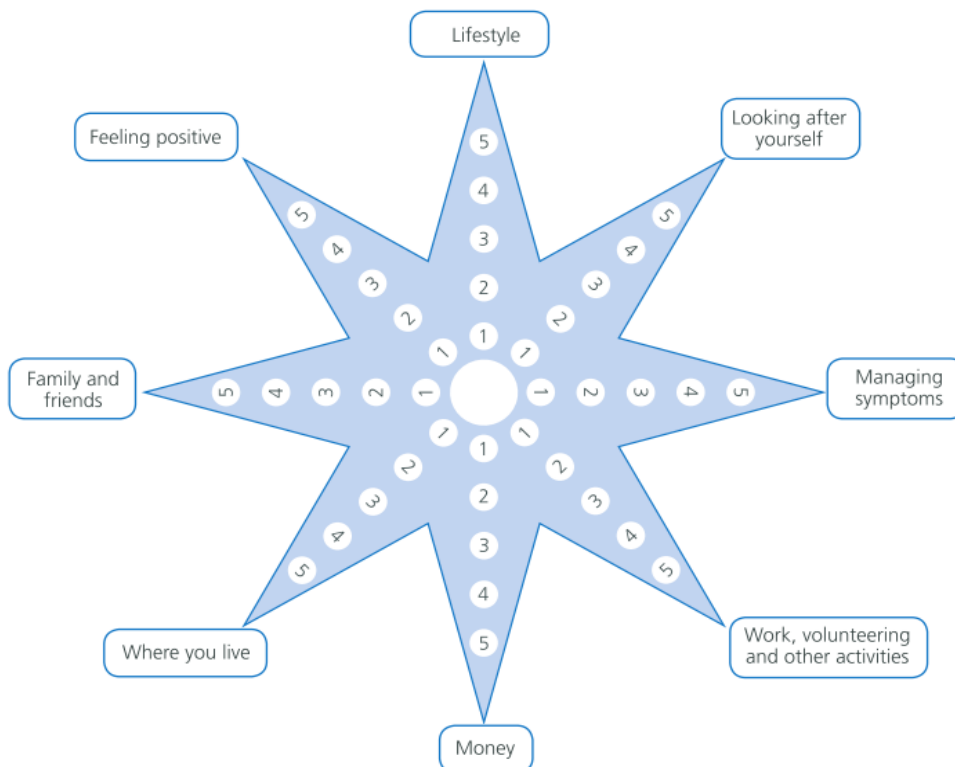


Reablement

Setting Goals and Measuring Outcomes: The Wellbeing Star

Headway East Sussex uses the **Wellbeing Star (long-term conditions)** to help us to work effectively with our clients to identify and agree their goals, and monitor progress. The tool is one of a range of Star outcome measures developed by Triangle Consulting in collaboration with the Department of Health and an NHS Trust. It is a client-centred tool that helps individuals look at how they are functioning in different aspects of their lives.

Through structured conversations the staff enable our clients to decide how well they function in each of these areas and score themselves on a scale of 1 to 5. This is plotted onto a star chart which gives a visual picture of the person's performance. Relatives or carers are involved where necessary. This helps our clients to decide which areas of their life they want to work on and to set their own goals. After a period of intervention, the scoring process is repeated to monitor progress and adjust goals.



In addition to supporting client interventions, the Wellbeing Star enables us to measure our service in an accurate way. This helps us plan future services and target resources to where they will best support our clients and their families.

*Developed by Joy MacKeith & Sara Burns
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