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The Disaster Recovery Star Flashcards are for people needing support to overcome the impact of a natural disaster. These cards are an additional resource to be used alongside the Star Chart, with or instead of the short illustrated Scales and User Guide.

Please ensure you have received training, are licensed and are familiar with the Star and how to use it.

This pack contains 14 cards in total including:

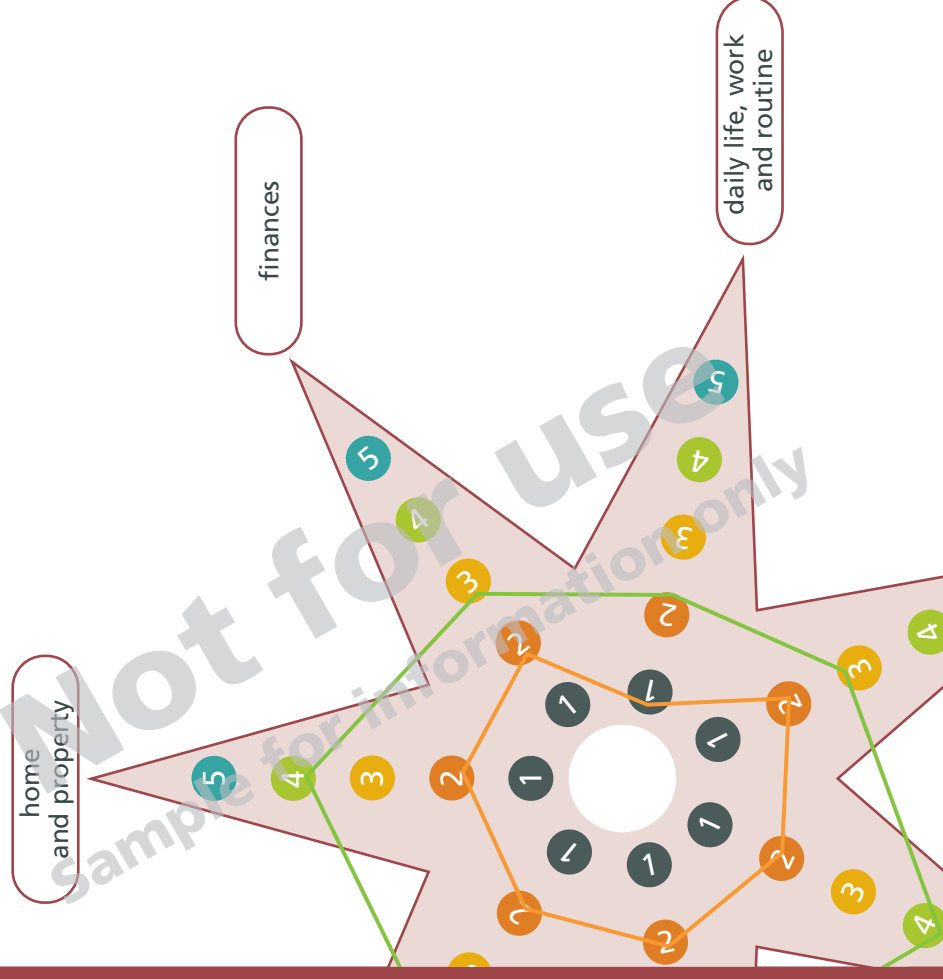
- 7 Star area flashcards
- 5 Journey of Change flashcards
- Cover and copyright card
- How to print the flashcards card

Want to use this Star?
Visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk
or 020 7272 8765

Disaster Recovery Star™

The Outcomes Star for people affected by natural disasters



Copyright Information

The Disaster Recovery Star is a version of the Outcomes Star, a suite of tools for supporting and measuring change when working with people.

Triangle Consulting Social Enterprise Ltd is the copyright holder of the Disaster Recovery Star. In order to support consistency of use and effective implementation, the creation of derivative works is prohibited and users are required to buy a licence and train all workers using the materials with service users. See website for full copyright information

www.outcomesstar.org.uk

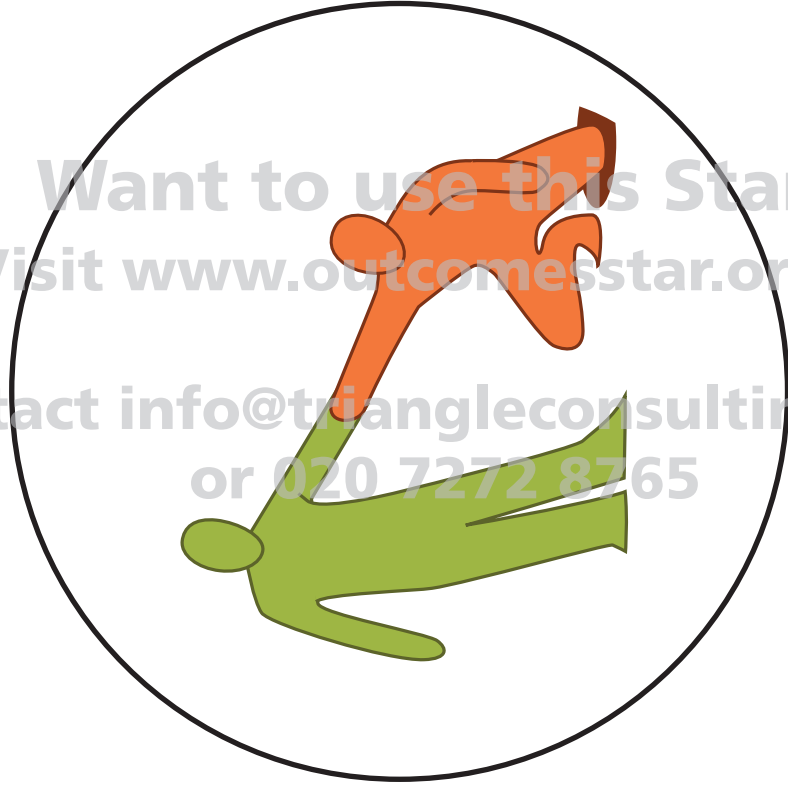
How to print the flashcards

Each card is designed as A5 in size. They can be professionally printed or printed on standard office printers. They have been designed to fit two to an A4 page and to be printed double-sided and then cut out, with the main area on the front of the card and additional images and text for prompts on the back.

- Set the document to print in colour or black and white, double-sided, long-edge binding.
- If your printer allows you to print to the edge of a page, scale at 100%. If it does not, you can print the document at "scale to print" and trim off the white borders
- A professional-print pdf with full 3mm bleeds is available should you wish to get the cards professionally printed onto cardstock.

Journey of Change

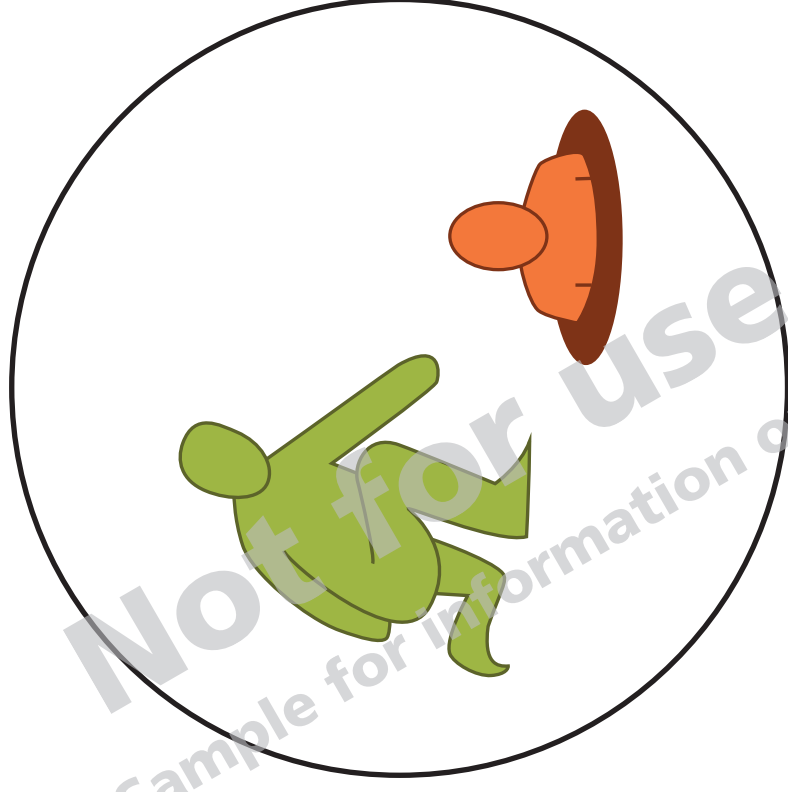
Disaster Recovery Star™



2 Taking it in

Journey of Change

Disaster Recovery Star™



1 Not ready

1 Not ready

- Disaster has significant impact on your life
- Experiencing loss
- Can't take it in or make sense of it
- Not ready to make decisions or look at options

2 Taking it in

- Starting to take in what has happened
- Getting advice and thinking about options
- Have shelter and other basics
- But... not yet putting thinking into action

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The Journey of Change

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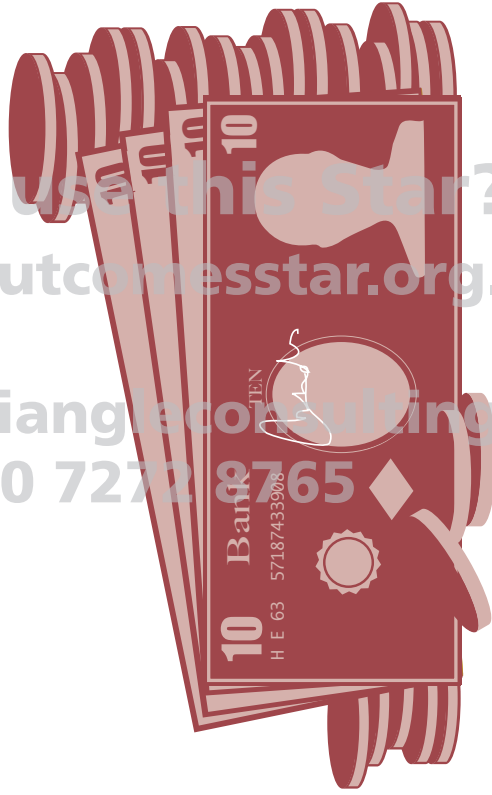
The Journey of Change

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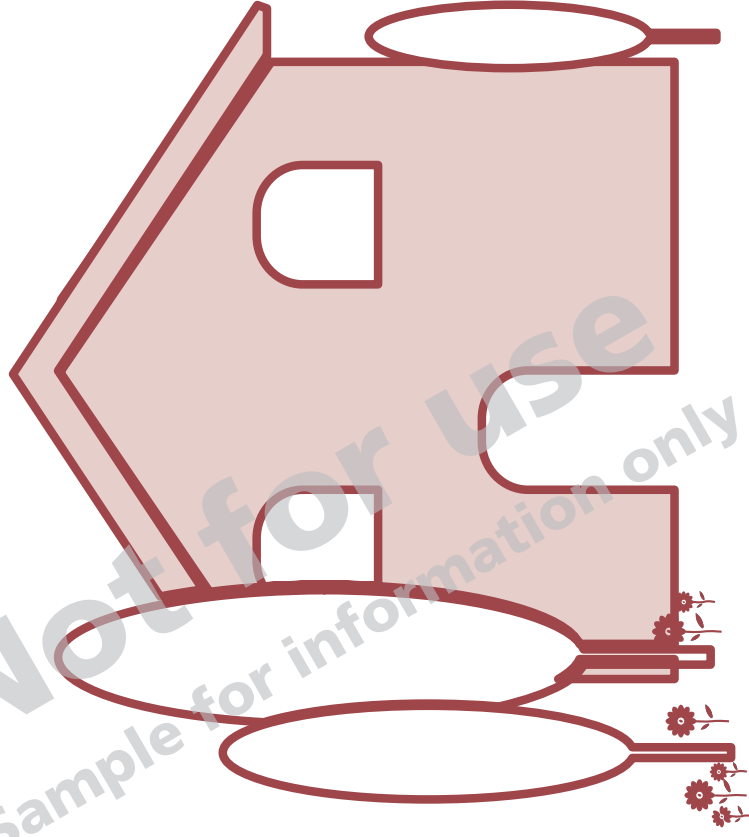
Finances

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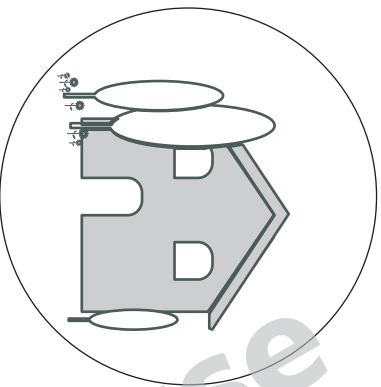
Contact info@triangleconsulting.co.uk
or 020 7272 8165



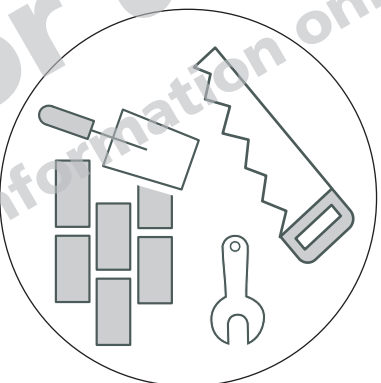
Home and property



Home and property



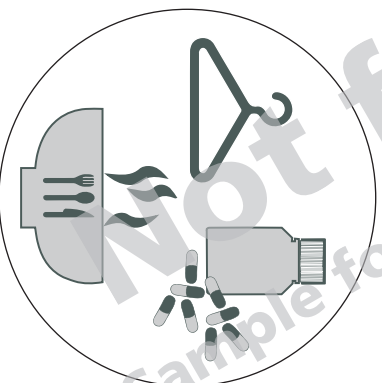
Where you live



Repair and rebuilding

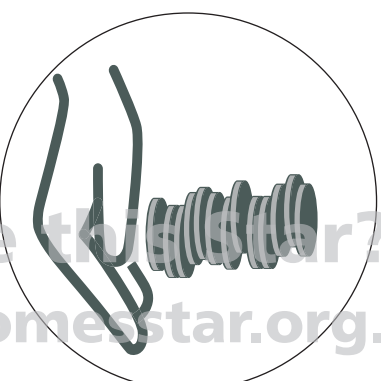


Water, power
and communications

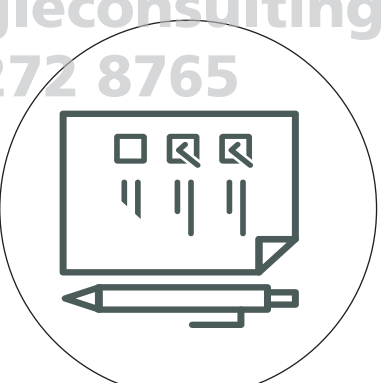


Other essentials

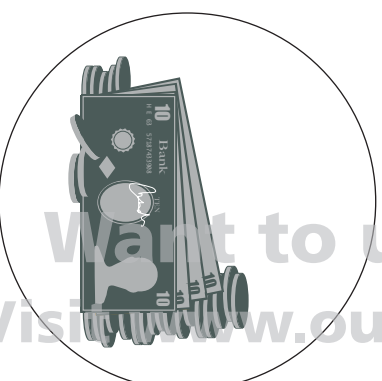
Finances



Income support



Grant and funding applications

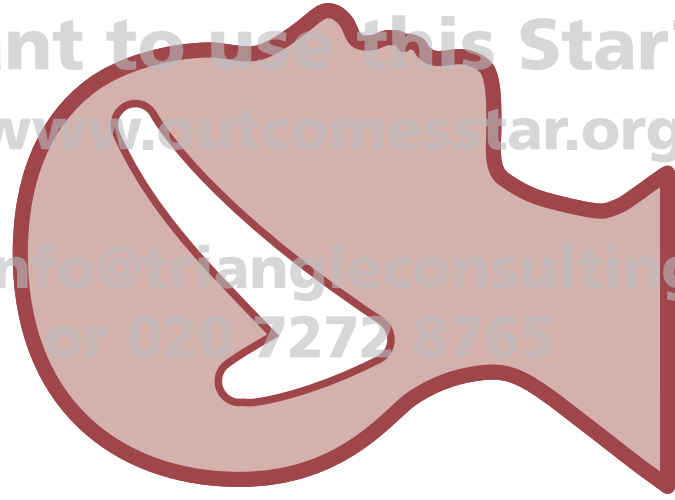


Wages and other income



Covering extra costs

Health and well-being



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Daily life, work and routine



Daily life, work and routine



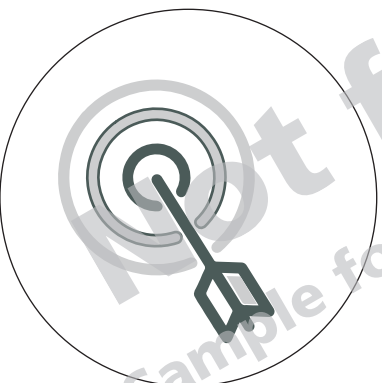
Work, training or education



Looking after home or family



Other activities



Sense of purpose

Health and well-being



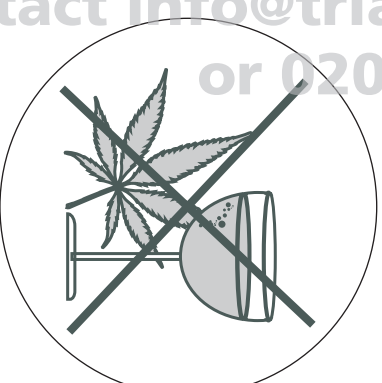
Physical health



Emotional well-being



Mental health, stress, grief or trauma



Ways of coping