

Disaster Recovery Star™ Scales

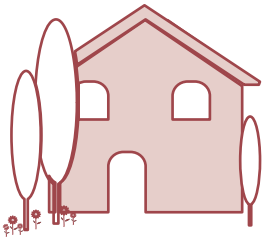
The Outcomes Star for people affected by natural disasters

For each of the seven questions, choose the answer that best describes them most of the time.

- 1 Not ready 2 Taking it in 3 Moving into action 4 Making progress 5 Managing well

1 Home and property

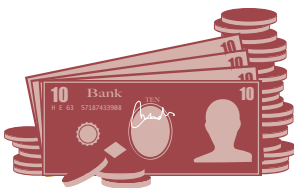
Where you live, repair and rebuilding, water, power, communications, other essentials



- 5 I'm managing well with my home or property or I can continue to sort out any issues myself
- 4 I'm making progress with sorting out my home or property but there are still some issues
- 3 I'm starting to sort out my home or property, but it's hard to make progress
- 2 I'm taking in the impact on my home or property and thinking about what to do
- 1 My home or property is damaged or I can't access it. I can't yet think about what to do

2 Finances

Income support, grant and funding applications, wages and other income, covering extra costs



- 5 I'm managing well with my finances or I can continue to sort out any issues myself
- 4 I'm making progress with finances but there are still some issues
- 3 I'm starting to sort out finances and applications but it's hard to make progress
- 2 I'm taking in the impact on my finances and thinking about what to do
- 1 The disaster has affected me financially. I can't yet think about what to do

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3 Daily life, work and routine

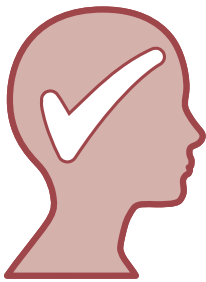
Work, training or education, looking after home or family, other activities, sense of purpose



- 5 I have a routine that gives me a sense of purpose, or I can continue to develop this myself
- 4 I'm managing to get some routine but there are still some issues
- 3 I'm starting to try to get some routine back but it's hard to make progress
- 2 I'm taking in the impact on my daily life, work or routines and thinking about what to do
- 1 My daily life, work or routines are affected. I can't yet think about what to do

4 Health and well-being

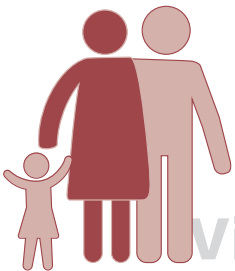
Physical health, emotional well-being, mental health, stress, grief or trauma, ways of coping



- 5 I have recovered my health and well-being or I can continue to address any issues myself
- 4 My health or well-being is recovering but there are still some issues
- 3 I'm starting to take action to improve my health or well-being but it's hard to make progress
- 2 I'm taking in the impact on my health or well-being and thinking about what to do
- 1 My health or well-being is affected just now. I can't yet focus on that

5 Family and close relationships

Family or household, dealing with relationship difficulties, supporting children, getting support



- 5 Relationships with family or others are mostly as good as before or I can build on them myself
- 4 I'm making progress with family or close relationships but there are still some issues
- 3 I'm starting to take action to improve family or close relationships but it's hard to make progress
- 2 I'm taking in the impact on my family or close relationships and thinking about what to do
- 1 Relationships with family or others are affected just now. I can't yet focus on that

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