

Pathway Star™ Scales

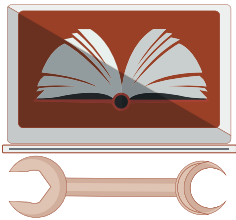
The Outcomes Star for people overcoming barriers to work

1 Not yet ready 2 Talking about it 3 Giving it a go 4 Keeping going 5 Managing OK

For each of the eight questions, choose the answer that best describes you most of the time.

1 Skills

Basic, social and personal skills, job-specific and transferable skills, qualifications



- 5 I'm making good progress with developing the skills I need to move towards work
- 4 I'm trying ways to develop my skills but have a way to go
- 3 I'm identifying useful skills that I already have and others that I need to develop
- 2 I don't have useful skills or qualifications but I'm talking to someone about this
- 1 I don't have useful skills or qualifications. I don't talk about this

2 Stability at home

Suitable and stable housing, basic equipment, managing a tenancy, organising your home



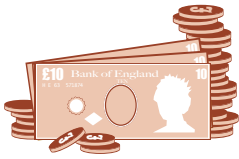
- 5 My home is suitable and stable enough for me and is not a barrier in moving towards work
- 4 I'm trying to sort out my accommodation but have a way to go
- 3 I want to sort out my accommodation so that I have more options for the future
- 2 There are big problems with my accommodation but I'm talking to someone about this
- 1 There are big problems with my accommodation. I don't talk about this

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

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

3 Money

Benefits, debts, managing money and paperwork, budgeting



- 5 Money is not a barrier to moving towards work. I'm managing my money well enough
- 4 I'm trying out ways to address money problems but am still learning what works
- 3 I'm working out how to address money problems
- 2 I have serious problems with money but I'm talking to someone about this
- 1 I have serious problems with money. I don't talk about this

4 Healthy lifestyle

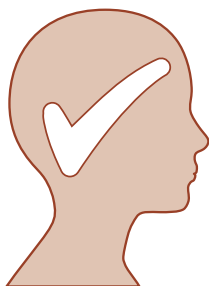
Doctors and treatment, aids and adaptations, fitness, healthy food, sleep, drugs and alcohol



- 5 I look after myself well enough and my health and fitness are not a barrier to moving towards work
- 4 I'm trying ways to improve my health or manage better but have a way to go
- 3 I'm open to extra help or lifestyle changes so that I have more options for the future
- 2 Problems with my health or mobility hold me back but I'm talking about this
- 1 Problems with my health or mobility hold me back. I don't talk about this

5 Emotional well-being

How you feel, managing mental health problems, confidence, self-esteem



- 5 My mental health and emotional well-being are not a barrier for me. I manage any issues well enough
- 4 I'm trying out ways to improve mental health or emotional well-being but am still learning what works
- 3 I'm open to addressing my mental or emotional health so that I have more options
- 2 Problems with my mental health or emotional well-being hold me back but I'm talking to someone about this
- 1 Problems with my mental health or emotional well-being hold me back. I don't talk about this

Visit www.outcomesstar.org.uk

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