

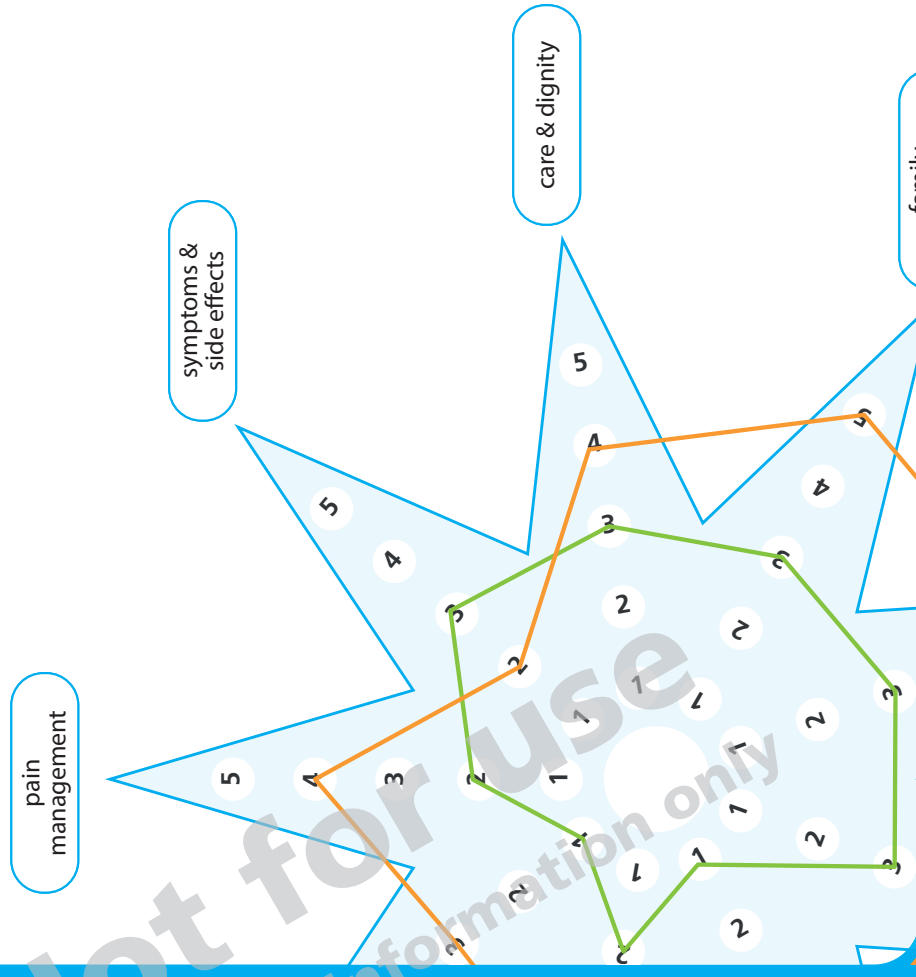
# Preparation Star<sup>TM</sup>

The Preparation Star flashcards are for use with service users. 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 16 cards in total including:

- 9 Star area flashcards
- 5 Journey of Change flashcards
- Cover and copyright card
- Area flashcards and "How to print" card



# Copyright information

Triangle Consulting Social Enterprise Ltd is the copyright holder of the Preparation Star. In order to support consistency of use and effective implementation, the creation of derivative works is strictly 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](http://www.outcomesstar.org.uk)

This version of the Outcomes Star may be most relevant for people following a diagnosis or for those who are elderly or have a health condition, but is also relevant to all of us and positive to reflect on at any point in our lives. It can be used to start and guide a conversation with professionals, support workers, family, friends or others – or for internal reflection.

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

# 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

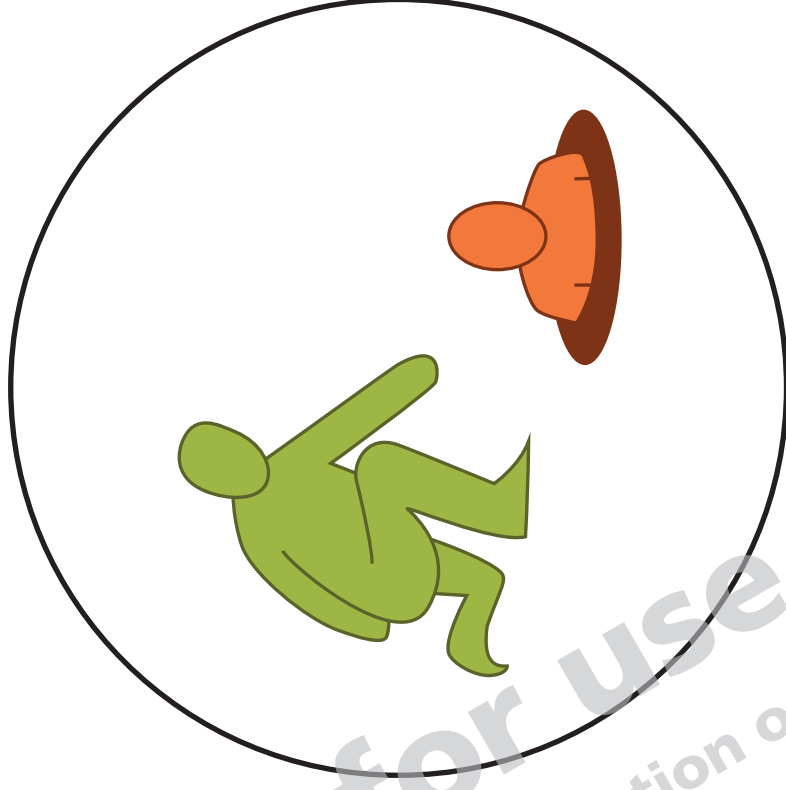
Preparation Star™



2 Finding out

## Journey of Change

Preparation Star™



1 Not yet dealing with this

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Visit [www.outcomesstar.org.uk](http://www.outcomesstar.org.uk)  
Contact [info@triangleconsulting.co.uk](mailto:info@triangleconsulting.co.uk)  
or 020 7272 8765

## 1 Not yet dealing with this

- Having difficulties
- Worried about now or the future
- Not yet getting the help you need
- Not talking about it

## 2 Finding out

- Finding out about your options
- Learning what's possible
- Getting help with urgent issues
- But... not yet making decisions or changes

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The Journey of Change

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The Journey of Change

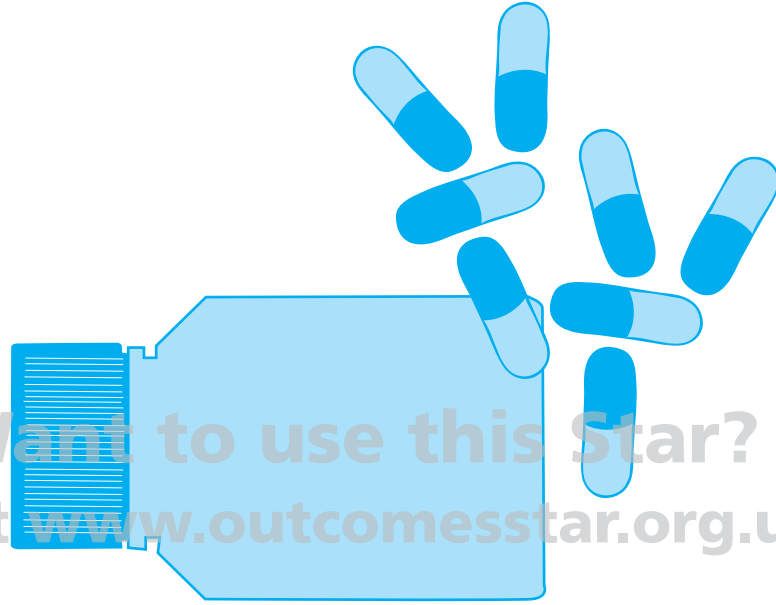
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## Pain management

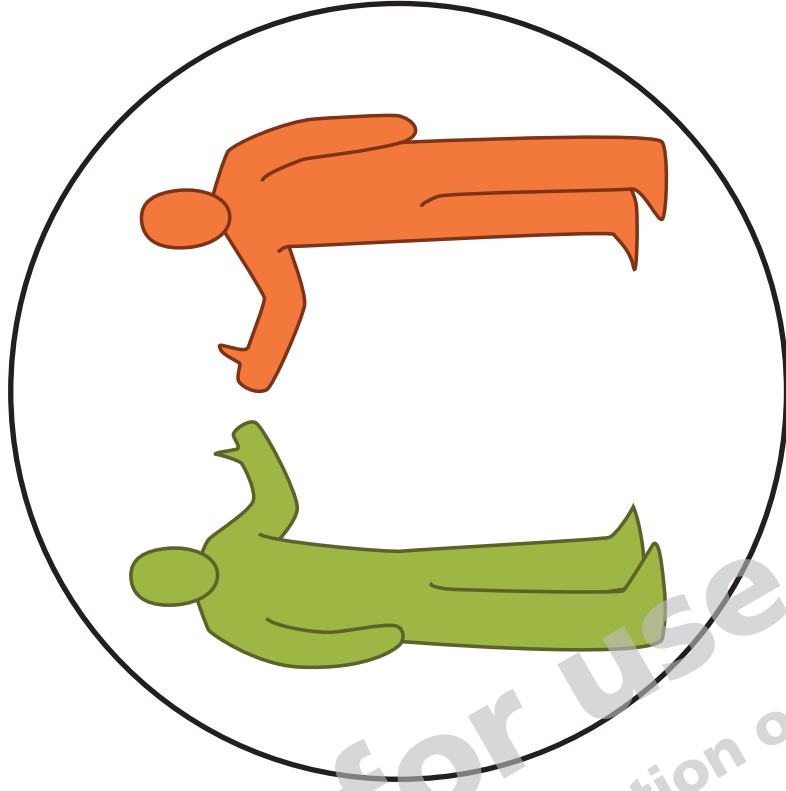
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## Journey of Change Preparation Star™

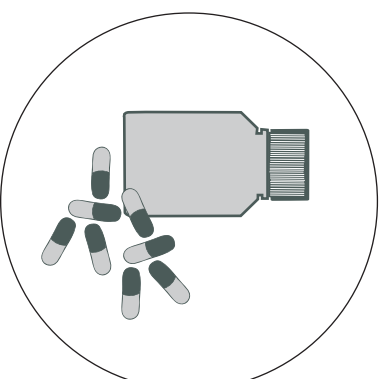


5 As good as it can be

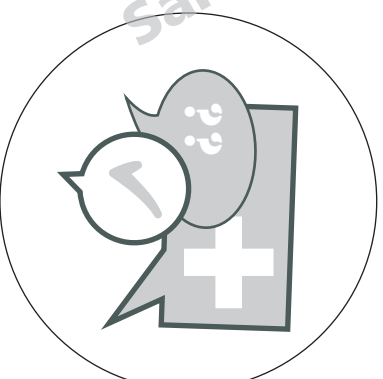
## 5 As good as it can be

- Confident you and others have done what you can
- Affairs sufficiently in order
- Accepting limitations
- Can live as well as possible

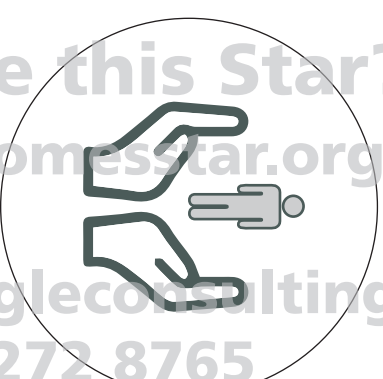
## Pain management



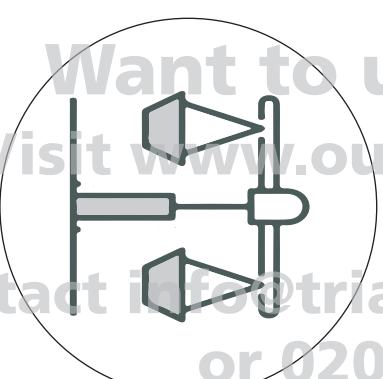
Effective pain relief



Addressing worry about future pain



Responding to your needs



Finding the right balance

### The Journey of Change

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## Care and dignity



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or 020 7272 8765

## Symptoms and side effects



Not for use  
Sample for information only