

Preparation Star™ Scales

The Outcomes Star for living well right to the end

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

1 Not yet dealing with this 2 Finding out 3 Trying things out 4 Finding what works 5 As good as it can be

1 Pain management

Effective pain relief, responding to your needs, addressing worry about future physical pain



- 5 My pain is managed as well as it can be for now and I trust people to act according to my wishes
- 4 My pain is reasonably well managed, but this could be better
- 3 The medical staff and I are trying to find ways to manage my pain, but it's difficult
- 2 I'm getting help and finding out what the options are for managing pain
- 1 I have a lot of pain or worry about future pain and don't have help with this

2 Symptoms and side effects

Managing symptoms, effects of treatment, other medical needs, reviewing medical care



- 5 My symptoms or side effects and medication are managed as well as they can be
- 4 My symptoms or side effects and medication are mostly well managed but need some adjustment
- 3 Medical staff and I are trying ways to manage my symptoms or side effects, but it's difficult
- 2 I have symptoms or side effects that cause me distress, but I have help to find out about options
- 1 I have symptoms or side effects that cause me distress and don't have the help I need

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3 Care and dignity

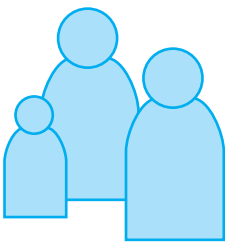
Being in the right surroundings, quality and responsiveness of care, comfort and dignity



- 5 I have the right care and am comfortable where I am for now. I have made decisions about future care
- 4 I'm sorting out my care and any changes needed in my home, but there are still some issues
- 3 I'm trying to manage with different care or to make changes at home, but it's difficult
- 2 I don't have the care I need or things are not right in my home, but I'm finding out about options
- 1 I don't have the care I need or things are not right in my home. I don't have help with this

4 Family and friends

Close relationships, support, communication with people you care about



- 5 My connection with family or friends is as good as it can be at this point
- 4 I'm mostly able to connect with the people who matter to me, but there are still some issues
- 3 I'm trying to connect with people who matter to me, but it's difficult
- 2 I want to feel connected to family or friends at this time and am exploring what I can do
- 1 I'm upset or worried about family or friends. I don't know what could help

5 Doing what matters to you

Activities that give life meaning and enjoyment, goals, feeling like yourself



- 5 I'm doing as much as I can of what matters to me and makes life meaningful
- 4 I'm finding ways to do at least some of what I find meaningful, but want to do more
- 3 I'm trying out ways to do some of the things that matter to me, but it's difficult
- 2 I'm finding out how I can do some of the things that matter to me and make life meaningful
- 1 I can't do the things that matter to me and make life meaningful. I don't know what could help

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