



The Life Star

**A recovery tool to develop and support
positive behaviour interventions**

**Triangle Consulting Social Enterprise and the Huntercombe
Group**

How it was developed



- Collaboration involving 11 provider organisations including Huntercombe, United Response, and Tees, Esk and Wear Valleys NHS Foundation Trust
- Workshops and interviews involving front-line staff, managers and service users
- Four month pilot period with 193 service users
- Designed for user with people of all levels of ability



Under-pinned by a model of change

1 Your health



- Health staff, medicines or treatment
- Health checks and tests
- Healthy lifestyle
- Support with physical and sensory differences or impairments, if you have any
- The right accommodation for you

9 - 10 It is right for me

- You do as much as you can to look after your health for yourself
- You have a healthy lifestyle

7 - 8 It is more how I like it

- You are learning to look after your own health more, if you can
- You are learning about good health and making some healthy choices for yourself
- Or, others are learning how to support you to lead a healthy life

5 - 6 It is OK

- Other people make sure your health is looked after well enough

Detail for each scales

1 Your health (detail)

5

This scale is about all aspects of your physical health. It includes letting people know when you are ill, letting doctors and other health staff support you, taking medicine and having health tests. It is also about doing as much as you can for yourself to stay healthy, including healthy food, exercise and good sleep habits. If you need support with this, this scale is about other people understanding your health needs and supporting you to have a healthy lifestyle. This may include special help with eating, drinking, posture or walking, and making sure that your accommodation is right for you.

9 - 10 It is right for me (maintaining)

- You are doing as much as you can to manage your health for yourself and the things you can't manage are being looked after by others and they know how you like things to be done
- You are a healthy weight and are actively addressing any unhealthy habits you still have such as smoking, drinking too much alcohol, having an unhealthy diet or not exercising
- Choose 9 if there is a little more that could be done. Choose 10 if you and others are doing as much as possible

7 - 8 It is more how I like it (enabling)

- You are learning how to manage your physical health issues by yourself as much as you can
- You might be learning what is good or bad for your health and making some healthier choices for yourself
- Or the people around you listen to you and are learning about you, and they provide the type of exercise and other support with healthy living that works for you

Flashcards for each outcome

1 Your health



2 How you spend your time



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And the journey of change

**It is not
working**



Photo © Lucy Williams

**It is difficult
but I am
getting help**



Photo © Lucy Williams

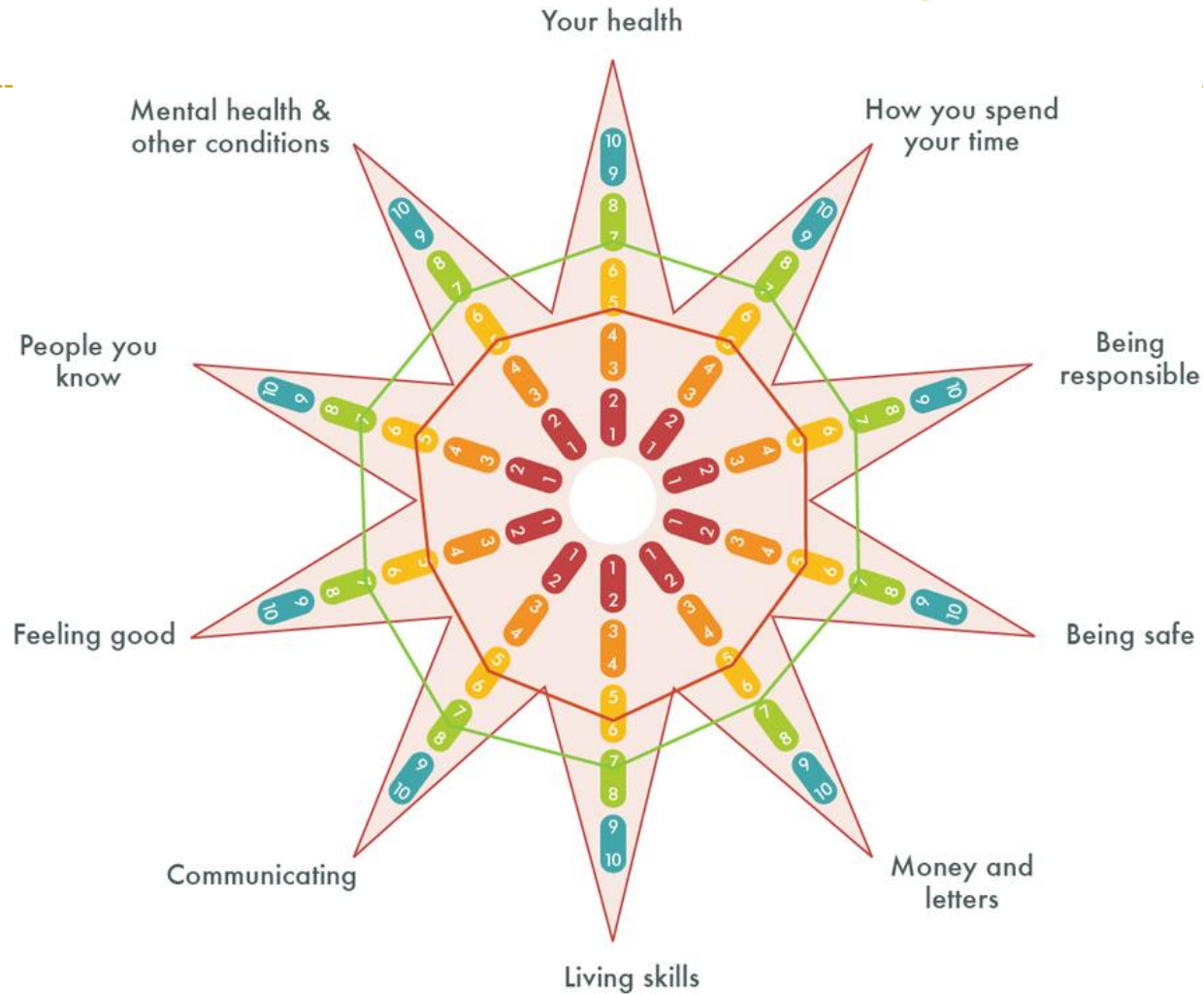


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Transfer the scores to the Star chart



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 Authors: Sara Burns and Joy MacKeith
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Pilot findings



- 83 % of service users enjoyed completing the Star and 79% said it helped them see what they were good at and where they needed support
- 95% of workers said the Life Star described service users needs well

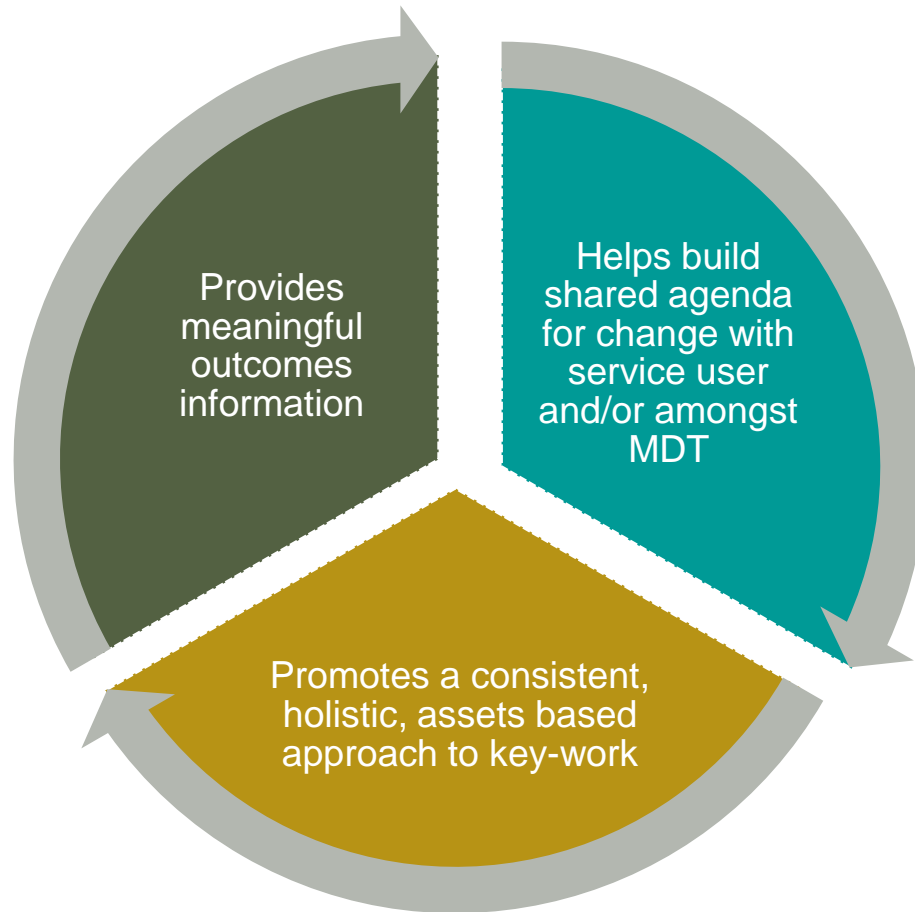
A service user's comments on using the Star:



“I enjoyed thinking about what I can do for myself and the plans I can make for my future

*Service users, Warrington Borough
Council Learning Disability Partnership*

Benefits



Resources to support the Outcomes Stars



- Star Chart and Action Plan
- User guide with introduction, ladders and detailed scale descriptions
- Organisational guide with guidance for managers and workers
- Training
- Software for on-line completion, reporting and benchmarking www.staronline.org.uk
- Website for sharing good practice in use of the Star between sectors www.outcomesstar.org.uk

A Family of Stars



Recovery Star
(mental health)

Work Star

Older Person's
Star

Children's Star
(in development)

Empowerment
Star
(domestic
violence)

Music Therapy
Star

Life Star
(learning disability)

Spectrum Star
(autism)

Sexual Health
Star

Teen Star

Drug and Alcohol
Star
(in development)

Well-being Star
(long-term health
conditions)

Family Star

Community Star

Homelessness
Star

Alcohol Star