




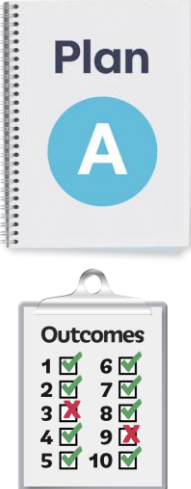

Health Outcomes Measure for People with a Learning Disability in Wales




	Name:
	Date form filled in:
	Name of person completing form (if different from above):




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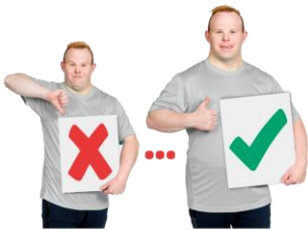
What is an outcome measure?

	<p>If we want things to change we make a plan.</p> <p>We carry out this plan.</p> <p>An outcome is what happens because of the plan.</p> <p>An outcome can be good or bad.</p>
	<p>If you have a pain, you might decide you need a tablet.</p> <p>You take the tablet, and the pain stops.</p> <p>This is the outcome of taking the tablet.</p> <p>If you want to go out more, you might join a club.</p> <p>You join the club, go there every week and make friends.</p> <p>These are the outcomes of joining the club.</p>




	<p>An outcome measure is a form that helps you to think about what is happening for you now.</p> <p>It helps you to plan what needs to change.</p> <p>You can then decide what support is needed to make the change.</p>
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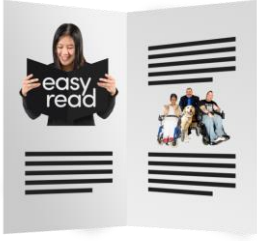
Filling in this form

	<p>This form helps you think about the support you get to be healthy.</p> <p>It helps you decide what changes (outcomes) you want.</p> <p>It helps you to decide how important these changes are.</p>
	<p>It has five sections.</p> <p>These ask you questions about different types of support.</p>
	<p>They ask you to think about what is happening now.</p>


	<p>They ask you to think about what needs to change.</p>
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Filling in this form

	<p>It asks you to say how important these changes are to you.</p>
	<p>Some questions ask you to tick boxes.</p> <p>Other questions ask you to say what you think in words.</p>
	<p>You can fill out the form yourself.</p> <p>It is also ok to get some help if you need to.</p>

	<p>If you want to know more about filling in the form there is a booklet.</p> <p>You can find this booklet here (link to be included)</p>
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Section 1: Where you live and what you do

	<p>Think about where you live and what you do.</p>
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How good is the support you get where you live?

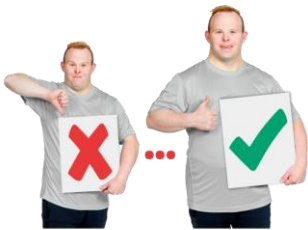
(Please put a tick in the box which says what you think)

Not good	Okay	Good	Don't know
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Support where you live

	What is good?
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	<p>What needs to change?</p>
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Support where you live

How important are these changes to you?

(Please put a tick in the box which says how you feel)

Not important	Important	Very important	Don't know
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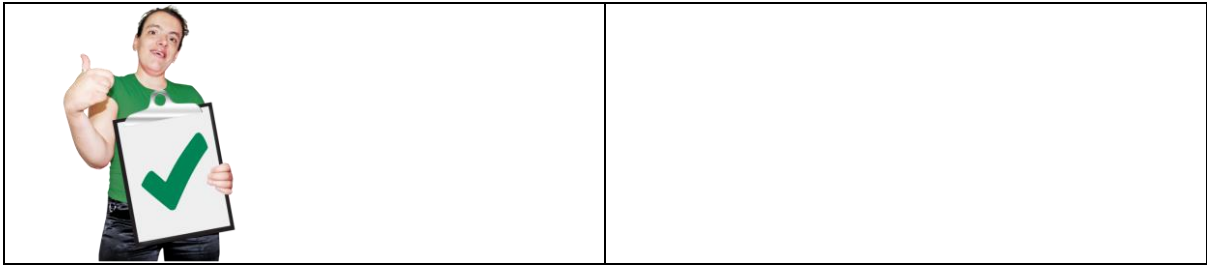
Support to do things

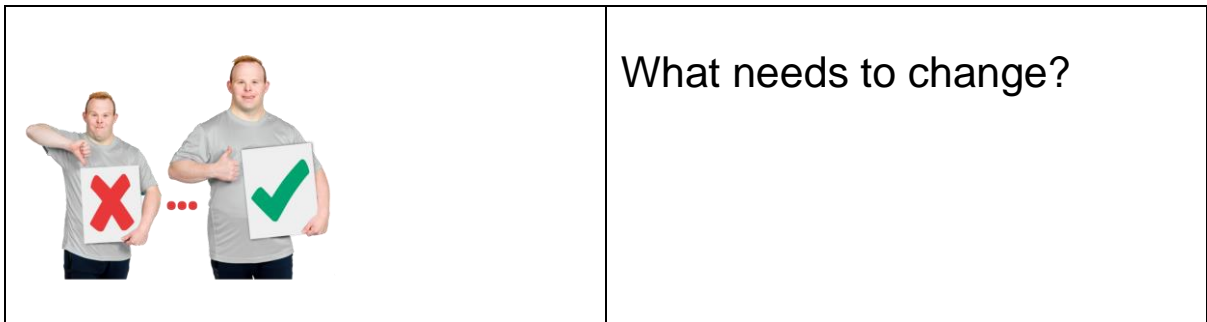
How good is the support you get to do things?

(Please put a tick in the box which says how you feel)

Not good	Okay	Good	Don't know
			





	What is good?
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How important are these changes to you?





(Please put a tick in the box which says how you feel)

Not important	Important	Very important	Don't know
			


Section 2: Your health

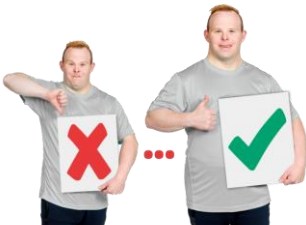
 A woman with dark hair, wearing a white floral top, is shown from the chest up. She has a thoughtful expression, with her hand resting on her cheek. Above her head is a thought bubble containing an image of a doctor in a white coat sitting at a desk, talking to a patient. There are also two smaller, empty thought bubbles below the main one.	<p>Think about your health.</p>
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How good is the support you get with your health?
(Please put a tick in the box which says how you feel)

Not good	Okay	Good	Don't know
			

Your health





	What is good?
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	What needs to change?
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Your health

How important are these changes to you?





(Please put a tick in the box which says how you feel)

Not important	Important	Very important	Don't know
			


Section 3: How you communicate

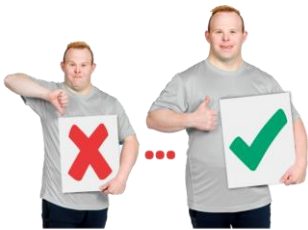
	<p>Think about how you communicate.</p>
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How good is the support you get to communicate?
 (Please put a tick in the box which says how you feel)

Not good 	Okay 	Good 	Don't know 

How you communicate





	What is good?
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	<p>What needs to change?</p>
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How you communicate

How important are these changes to you?

(Please put a tick in the box which says how you feel)



<p>Not important</p> 	<p>Important</p> 	<p>Very important</p> 	<p>Don't know</p> 

Section 4: Things that keep you healthy


 A woman with dark hair, wearing a white floral top, is shown from the chest up. She has her hand to her face in a thoughtful pose. Above her head is a thought bubble containing a person in a wheelchair surrounded by various fruits and vegetables, symbolizing healthy eating and mobility.	<p>Think about things that keep you healthy.</p>
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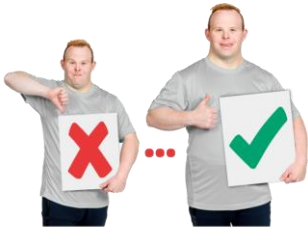
How healthy do you think you are?

(Please put a tick in the box which says how you feel)

Not good	Okay	Good	Don't know
			

Staying healthy





	What is good?
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	What needs to change?
---	-----------------------

Staying healthy

How important are these changes to you?

(Please put a tick in the box which says how you feel)





Not important 	Important 	Very important 	Don't know 

Section 5: Support to keep you healthy


 A photograph of a woman with dark hair, wearing a white floral top, resting her head on her hand in a thoughtful pose. Above her head is a thought bubble containing an illustration of a woman and a man sitting at a desk, talking. The man is holding a document.	<p>Think about the support you get to be healthy.</p>
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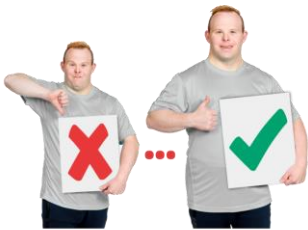
How good is the support you get now to be healthy?

(Please put a tick in the box which says how you feel)

Not good	Okay	Good	Don't know
			

Support to be healthy





	What is good?
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	<p>What needs to change?</p>
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Support to be healthy

How important are these changes to you?

(Please put a tick in the box which says how you feel)

<p>Not important</p> 	<p>Important</p> 	<p>Very important</p> 	<p>Don't know</p> 

Is there anything else you want to say about your health and the support you get? (you don't have to fill this in if you don't want to say anything)

If you have completed this form for someone else and want to make any comments please write them here:
