

Better Futures

Name:

Date:



Better Futures is a way to help find out how things are going in your life. It will be used with people who live in supported housing.

This booklet includes:

	Page number
How to use this book	2
What some of the words mean	6
Better Futures Questions	
Section 1 Where I Live	10
Section 2 Health	12
Section 3 Feeling safe and secure	15
Section 4 Social and Economic Wellbeing	21
Section 5 Employment and Meaningful Activity	28

How to Use This Book



This is a book about the support you get. It will show how much the support you get has made a difference. It will show if the support you get has made your life better.

It will also show what kind of support you need right now.

We need to know **your** views on the support that **you** need.

On each page you will see a few sentences that describe someone's situation. For example:

Section 1: Where I Live

Question 1: is the place you are living right for your needs?

<ul style="list-style-type: none">•I have been sleeping rough (this means you have been sleeping on the streets or out in the open	<ul style="list-style-type: none">•I don't have a place of my own and have to stay with family or friends
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•I am in hospital but cannot move on until there is a suitable place for me to live

•I need to move to a house which meets my needs better

Read all the sentences, and choose one that describes your own situation.

Put a ring around that sentence to show that this is the one that describes your situation. For example:

Section 1: Where I Live

Question 1: is the place you are living right for your needs?

•I have been sleeping rough (this means you have been sleeping on the streets or out in the open

•I am in hospital but cannot move on until there is a suitable place for me to live

•I don't have a place of my own and have to stay with family or friends

•I need to move to a house which meets my needs better

You might think there is no sentence that describes your situation **exactly**.

If this happens, please put a ring round the sentence that is closest to your situation.

If you like, you can put a tick instead of drawing a ring.

Section 1: Where I Live

Question 1: is the place you are living right for your needs?

<ul style="list-style-type: none">•I have been sleeping rough (this means you have been sleeping on the streets or out in the open•I am in hospital but cannot move on until there is a suitable place for me to live	<ul style="list-style-type: none">•I don't have a place of my own and have to stay with family or friends•I need to move to a house which meets my needs better
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We would like you to do this on every page.
These answers will help show how your life is just now.

There are five sections in the booklet which asks questions about how you are doing in different areas of your life.

The booklet looks at what areas of your life you need support with. It also helps you think about the areas of your life that you are making progress with.

It might be a good idea to do the questionnaire with your support worker or someone you know well and trust.

Some of the words and more difficult ideas in the questionnaire are explained on the next page.

The five areas the booklet will help you think about are:

1. Where you live
2. Health
3. Feeling safe and secure
4. Having enough money and chances to do things in your life
5. Work and things you do day to day

What some of the words mean

This bit explains some of the words in the book that might be hard to understand.

sleeping rough (or **rough sleeping**) This means you have been sleeping on the streets or out in the open

essential furniture This means a bed, a table, some chairs

security of tenure This means having a place to stay without worrying about having to leave. So if you have a lease, that gives you security of tenure, but if you don't pay your rent, or if you don't follow the rules, you are putting your security of tenure at risk.

mental health problem This means a serious problem with your thoughts or your feelings that stops you living the life you want to live. There are different kinds of mental health problem, like **depression** or **anxiety**

depression Feeling so low and sad that it has a serious effect on your life

anxiety Feeling so frightened or panicky about things that it has a serious effect on your life

psychiatrist A doctor who deals with **mental health problems**

psychologist A health professional who deals with **mental health problems**

counselling Talking to a professional person called a **counsellor** about your **addiction** or another problem. A counsellor listens to you, and tries to help you think about your life, and helps you to work out what you want to do.

counsellor A professional person who gives you counselling

detox This is a place that helps you come off the thing you're addicted to

domestic abuse This usually happens to women. It means being hurt by a husband, partner, boyfriend or someone you have a close relationship with. The person who hurts you in this way could also be someone you used to be close to but you have split up with. It can also happen to men. The person could hurt you in different ways:

- Sexually abusing you (this is things like making you have sex when you don't want to which is called rape, touching you, making you do things you don't want to, making you touch them)
- Hitting you or attacking you
- Making you feel bad about yourself
- Threatening, saying cruel things to you
- Keeping you away from friends, family and people you love or are close to
- Taking your money and controlling other things in your life

offending This means breaking the law

on probation This means that you have been in prison, and now that you are out of prison you have to do certain things to show that you are staying out of trouble

conditions This means rules. If you are **on probation** you will have to meet certain **conditions** to stay out of prison. This means follow certain rules.

witness Someone who has seen a crime happen

harassment and harm is things like being physically hurt, called names, or having your money taken away from you or controlled by someone else. It can mean people saying really cruel or hurtful things to you. Sometimes this abuse might be because you have a different skin colour or culture to other people. Or it might be because you have a disability. The kinds of people who might harm you in these ways are family, friends, neighbours, carers and others. It can happen to men and women.

technology Equipment, like alarms. It usually means electrical equipment.

social and economic wellbeing This is a big thing. **Social wellbeing** is about having the confidence, the skills and the opportunities to live as part of your community. **Economic wellbeing** is about having the money you need to do these things.

personal administration This means managing things like bills and other letters that get sent to you

power of attorney This is someone who has the legal right to manage your money and make all your money decisions. Only a court can give somebody the right to do this

financial guardian This is someone who looks after your money on your behalf but should make sure you can play a part in this. Only a court can make someone your **financial guardian**.

social networks This means all your family, friends, neighbours and people you see socially

self-esteem This is how you feel about yourself and having confidence.

employment This means getting a job and being in work

meaningful activity This means doing useful things like voluntary work and learning new things

core skills The skills that everyone needs to get a job

into training or education This means getting into college or doing courses that would help you with different areas of your life

work placement This is where you spend a short time (maybe two weeks) in a real place of work to see if that is the kind of job that suits you

sustainability This means being able to keep a job



Section 1: Where I Live

Question 1: Is the place you are living right for your needs?

4	3	2	1	0
I have been sleeping rough (this means you have been sleeping on the streets or out in the open).	I don't have a place of my own and have to stay with family or friends.	I live in a hostel and don't get any support.	I have moved into a new home and need some essential furniture .	I live in a place which is good and meets my needs.
I am in hospital but cannot move on until there is a suitable place for me to live.	I need to move to a house which meets my needs better.	I need some work done to my home to make it meet my needs.	I am waiting for some planned work to be carried out to make my home suitable for my particular need.	
My house is not suitable for me and I need to move (see Code of Guidance on Homelessness).	I need to move house because it needs a lot of work done to it to make it meet my needs.	My home needs a lot of work done.	The home I live in needs some work done to it.	
	My house needs work done to make it meet my needs. Even when the work is done my house will still not meet all my needs.	I am getting work done on my home to make it suitable for my needs.	I live in supported housing but will need to move on sometime in the future.	
			I have had work done to my home which will help me live as independently as possible.	

Question 2: Security of tenure

This section asks about legal issues to do with your home. This means things like keeping your rent up to date.

4	3	2	1	0
I could lose my home very soon.	I could lose my home in the next few months because I have not been keeping up to date with things like rent.	I need support to keep my home.	I am able to manage my home assisted by my support worker.	I deal with all legal issues to do with my home by myself.
		Support is helping me to deal with any issues that would mean I might lose my home.		



Section 2: Health

Question1: Access to a doctor and other health services

This section asks about having access to a GP or doctor to help you keep healthy.

4	3	2	1	0
I have health problems and don't have a GP or any other doctor in place.	I don't think I have any health problems and I don't have access to a doctor.	My support worker helps me to set up health appointments and/or reminds me about them. My support worker comes to my appointments with me.	My support worker sometimes reminds me to make appointments and/or comes with me.	I have access to a doctor and other health services when I need them.
I have health problems but don't want to get support to deal with them.	I have health problems and now have support to help me deal with them.	My support worker is helping me to sign up with a doctor and health services that I need.		I can make and go on my own to health appointments. I don't need support with this.

Question 2: Mental Health

This section asks about your mental health. It is not saying you have a **mental health problem** but is about finding out how you feel. A **mental health problem** is something like **depression** (feeling really low and sad), or **anxiety** (feeling frightened or panicky about things in your life). If you have a **mental health problem**, you might go to see someone about it, like a **psychiatrist** (a doctor who deals with mental health problems), **psychologist** (a health professional who deals with mental health problems) or mental health nurse.

4	3	2	1	0
I feel I have serious mental health issues but have no contact with support services for this.	I have needed a lot of support from support services for my mental health. Sometimes this has been an emergency and I have needed to go to hospital.	I need support to go to appointments I have for my mental health problems.	My support worker helps me keep in touch with people who support me with my mental health issues.	I don't have any problems with my mental health. – OR –
I am supposed to take medication for my mental health problems but don't take it.	I am in regular contact with the people supporting me with my mental health problem.	I think I am having problems with mental health but have not spoken to anyone about this.	I have been having some problems with my mental health and I am getting support with this.	I am able to take care of any appointments and issues to do with my mental health on my own.
I am supposed to get support with my mental health but haven't been going for this support.		I feel my mental health problem is being well supported and I get help from my support worker.	I feel my mental health problem is managed by medication and I can take this myself.	

Question 3: Addictions

This section asks about any problems you might have with **addictions**. Having an **addiction** means that you have problems with things like drugs. This includes alcohol and cigarettes. If you have an **addiction** it means it's very difficult for you to stop taking the drug even though it is doing damage to you and your health.

4	3	2	1	0
<p>I am having very serious problems with my addiction. I might lose my home or my health is being really badly affected. I am not getting any support with this. I don't want anyone to help me with it.</p>	<p>I am having problems in my life because of my addiction. I want to get help with this.</p>	<p>I am getting some help with my addiction like counselling or going to detox (this is a place that helps you come off the thing you're addicted to).</p>	<p>I am managing my addiction and can get support with it if I need to.</p>	<p>I don't have any problems with addictions. - OR -</p>
<p>My addiction is causing problems in my life and I want help to deal with this. I am finding it difficult to get the help I need.</p>	<p>My addiction is causing problems in my life and I am on a waiting list to get support with this.</p>			<p>I have an addiction but am able to deal with this on my own.</p>
	<p>My addiction isn't causing problems in my life and I don't want to get help with it.</p>			



Section 3: Feeling safe and secure

Question 1: Domestic abuse



This section asks about people who are being harmed by domestic abuse. It also asks about people who might be at risk of domestic abuse.

Domestic abuse usually happens to women. It means being hurt by a husband, partner, boyfriend or someone you have a close relationship with. The person who hurts you in this way could also be someone you used to be close to but you have split up with. The person could hurt you in different ways:

- Sexually abusing you (this is things like making you have sex when you don't want to which is called rape, touching you, making you do things you don't want to, making you touch them)
- Hitting you or attacking you
- Making you feel bad about yourself
- Threatening, saying cruel things to you
- Keeping you away from friends, family and people you love or are close to
- Taking your money and controlling other things in your life

4	3	2	1	0
I am experiencing domestic abuse and not getting support with this.	I am experiencing domestic abuse but I know where to get support and what my rights are.	I have been threatened by my partner or ex partner and am worried about domestic abuse .	I am worried about domestic abuse and not sure how to get help with this.	I don't feel I am at risk of domestic abuse .
		My partner/ex partner has abused me. I am getting help to deal with this and the other problems it has caused in my life.	I am working on a safety plan for me and any children.	I feel safer and more protected from domestic abuse .
		My supporters are helping me to deal with having been abused . I am also getting support for my children who have been affected by this.	I am working on getting support in the area I live.	I've got a plan about what to do if I'm threatened by my partner.
				I've got support in the area I live in.

Question 2: Offending

This section asks about any trouble you have had with the police. This means behaviour that might have got you into trouble with the law or the police, for example you have committed a crime, had to pay fines, been in prison, things like this).

4	3	2	1	0
I am in trouble with the police just now.	I am on probation (this means that you have been in prison and now that you are out of prison you have to meet certain conditions). I have not met all the conditions of the probation .	I am on probation (this means that you have been in prison and now that you are out of prison you have to meet certain conditions). I am being supported to make sure I meet the conditions of my probation .	I am keeping appointments with my probation officer.	I am not in trouble with the police or the law at all
I have been in prison more than once (since my last review).	I have been in prison once (since last review).		I have got fines to pay and I am making sure these are dealt with.	
I was supposed to appear in court but did not do this.	I have been in trouble with the police (since last review).			
	I have seen a crime happen (a witness) but did not go to the police station or court when was I asked to.	I am being supported to attend police station/court as a witness.		

Question 3: Safety from **Harassment and Harm**

This section asks about any difficulties you might have with harassment or abuse in your life. **Harassment and harm** are things like being physically hurt, called names, having your money taken away from you or controlled by someone else. It can mean people saying really cruel or hurtful things to you. Sometimes this abuse might be because you have a different skin colour or culture to other people. And the kinds of people who might harm you in these ways are family, friends, neighbours, carers and others. It can happen to men and women.

4	3	2	1	0
Someone in my life is harming me just now and I don't feel safe.	I am worried about how I am being treated and think that my home might be at risk because of harm I'm dealing with.	I need support to help me deal with the harassment or harm I am going through just now.	I am dealing with any problems I have with others harming or harassing me by myself. I can also get support with this if I need to.	I don't have any worries about harassment or harm just now.

Question 4: What to do in an emergency situation

This section asks about what plans you have if you had an emergency in your life or at your home. This could mean things like being broken into, or having a fire.

4	3	2	1	0
<p>I am very worried about myself and my home's safety. I don't think I could cope if an emergency happened and I don't know how I can stop things happening.</p>	<p>I have worries about myself and the safety of my home. I'm not sure what to do if something happened to me or my home. I need help with this.</p>	<p>I have support in place to help me manage safety and security risks.</p>	<p>I would know what to do if I had an emergency as long as someone reminds me of this and helps me with it.</p>	<p>I able to manage any security risks on my own.</p>
<p>I would not know what to do in case of a fire or other emergency.</p>	<p>I am not sure what to do in a fire or other emergency.</p>	<p>I need to be reminded often about what to do in an emergency.</p>	<p>I need to be reminded of what to do if I had an emergency situation.</p>	<p>I would know what to do if I had emergency or something happened at my home.</p>
<p>I need special support if there was an emergency in my home, for example I would need the Fire Brigade to get me out of my home.</p>		<p>My support worker comes in every day because there are worries about me and my home's safety.</p>	<p>My support worker calls me every day because there are worries about me and my home's safety.</p>	

Question 5 Use of [Technology](#)

This section asks about things you have in your home to keep you and your home safe and secure. This could be things like alarm systems and things like this.

4	3	2	1	0
I need alarms and other things like this to make sure me and my home are safe but I don't have this equipment.	I have things like alarms in my home but I don't know how to use them.	I have things like alarms and need reminded about how to use them.	I have things like alarms in my home and I can use them by myself.	I don't need any alarm systems or things like this to keep me and my home safe.
	I have things like alarms but don't feel this is enough to keep me and my home safe.	I have alarms and things like this but I still don't feel this is enough to keep me and my home safe.		



Section 4: Social and Economic Wellbeing (this means things you do in your day to day life and having money for the things you need in life).

Question 1 Life skills

This section asks about your life skills, which means things like shopping, cooking, cleaning, laundry, and looking after yourself.

4	3	2	1	0
I have never managed my own home before.	I need support with most life skills (eg shopping, cooking, cleaning, laundry and personal care tasks).	I need help with some life skills like shopping, cooking, cleaning, washing and things like this.	I have some life skills but still need help with some things like laundry and shopping.	I am able to look after myself and my home on my own.
I struggle to do things like shopping, cooking, cleaning, laundry and personal care needs.	It would be really helpful if I could learn some life skills like cooking.		I need advice and prompting to help me with life skills (eg shopping and laundry) rather than actual assistance.	
I need support to shop, cook, clean, do my laundry and with personal care needs.				

It would help me to learn most life skills so I can do some things on my own.				
I have lost many life skills due to illness.				
I have chosen not to address my shopping, cooking, cleaning, laundry and personal care needs.				

Question 2 Money matters and taking care of letters, bills, etc.

This section asks about how you deal with money matters like benefits, looking after your money, paying bills and things like this.

4	3	2	1	0
I have no benefits or income.	I find it difficult to look after my money.	I get support to get and deal with my benefits.	I have a plan of how to look after my money and need help to use this.	I can cope independently with money matters and personal administration.
I am behind in paying my rent and other debts, this means I might lose my home.	I do not have a bank account (but would like to/ need to get one).	I have a bank account but need help to use this and getting money out.	I have a bank account but sometimes need help to get money out.	
I am not looking after my money.	I have difficulty dealing with letters to do with my money.	I have a plan to help me look after my money and am getting help to follow this.	I am able to deal with letters about my money but sometimes need help with this.	
I am not dealing with any letters to do with my money.		My support worker helps me with letters and other things to do with my money.		

<p>I have a power of attorney (this is someone who has the legal right to manage your money and make all your money decisions).</p>				
<p>I have a financial guardian to look after my money (this is someone who looks after your money on your behalf but should make sure you can play a part in this).</p>				

Question 3 Leisure

This section asks about chances you have to do things in your spare time, like going swimming, having hobbies and things like this.

4	3	2	1	0
I would like to do things in my spare time but am not able to do this.	I would like to do some leisure activities but don't get to do this often.	Many leisure opportunities are available to me and I am being supported to attend.	My support worker encourages me to do things in and outside of my home.	I can do things in my spare time on my own.
	I live in supported housing. I can only take part in things that happen where I live.	I need support to help me find things to do in my spare time.		
		I live in supported housing. I find it easier to take part in things that happen where I live.		

Question 4 Keeping in touch with family and friends

This section asks about how you keep in touch with family and friends.

4	3	2	1	0
I am not able to see my friends or family.	I am having difficulty keeping in touch with family and friends.	I need support to help me to make and keep friends.	I need some help to keep in touch with family and friends.	I have good social networks .
			I live in a supported housing project and this helps me keep in touch with people.	
I feel that my family and friends don't treat me well and I am unhappy with the contact I have with them.		I get a lot of support from my family and friends. This means I don't get to do things with them that would make our relationship better.	My family and friends give me some support but we are still able to enjoy time together.	I have a support worker and this allows me to have good relationships with my family and friends. This means my family don't need to support me.
I have problems with my neighbours which could be dealt with.	I would like to deal with a problem I am having with my neighbours.	I am getting help to deal with my neighbours.	I am getting some help to deal with problems I have with my neighbours.	I get on well with my neighbours.

Question 5 **Self-esteem** (this is how you feel about yourself and having confidence about your life)

This section is about how high your **self-esteem** is.

4	3	2	1	0
I don't feel good about myself and things in my life.	I don't feel very good about myself.	I get support to help me feel better about myself and my life	I am beginning to feel better about myself but I still think I could get more help to feel good about myself and my life.	I am confident and positive about my future.
	I want to feel better about myself and my life.	I have been getting support and have learned new things that help me feel better about myself.		
I have no future plans	I would like help to think about my future.	I have support which is helping me think about what I want to do in the future.		
I have no control over decisions affecting my life.	I have little control over decisions affecting my life.	I am being encouraged and supported to take control over decisions affecting my life.	With some support when I need it, I am taking control of decisions affecting my life.	



Section 5: Employment and Meaningful Activity (this is things like having a job and doing things during the day)

Question 1 **Core skills**

This section asks about the skills that might help you get a job. This is things like dealing with your anger, talking and communicating with people, taking care of your clothes and appearance, being able to read and write, getting along with people, being on time for appointments, having a good attitude to work.

4	3	2	1	0
I don't feel I have the right skills to work.	I need to work on skills that I would need to get a job, for example reading and writing.	I am getting support to get the skills I would need to get a job.	I need help to get some skills that would get me into work.	I have all the skills I would need to get a job or get into college.
			I need to address one or two skills that I would need to get a job.	

Question 2 Into training or education (this means getting into college or doing courses that would help you with different areas of your life)

4	3	2	1	0
I am not ready to go to college or do any training.	I would be willing to go to college or do some training.	I get support to go to college or do training.	I go to college or training and get support to prepare and attend.	I am doing training or going to college and don't need support with this.
	I have seen a course I would like to do and am applying to do this.			I don't need to do any further training or courses.
	I am looking to do some training or go to college.			

Question 3 Looking for work or **work placement**

4	3	2	1	0
I am not ready to work or do a work placement.	I am willing to begin to look for work or a placement.	I am getting support to look for work or a placement.	I am looking for work or a work placement and get support with this when I need it.	I have found work or a placement.
I don't feel I have the skills I would need to go to work or do a work placement.	I am dealing with things that would stop me from getting into work.			

Question 4 **Sustainability** (this means being able to keep a job)

4	3	2	1	0
I think I will lose my job very soon.	I have received a warning in my job.	I need support to stay in my job.	I sometimes need support to help me keep my job.	I can keep my job with no help at all.
My job is not suitable for me at all.	My job is not suitable for me.	I am unhappy in my job.		

Question 5 **Meaningful activity** (this means doing things in your day to day life which keeps you busy and makes you feel good about how you spend your time)

4	3	2	1	0
I don't feel good about my day to day life and don't know how to keep myself busy.	I don't feel I keep busy enough and would like to do more with my time during the day.	I feel I need a lot of help to find things to spend my time on.	I would like some help to find voluntary work to do, learning new things or other sorts of activities.	I feel I keep myself busy with voluntary work or learning new things.