

## Understanding Wellbeing Tool

### Wellbeing

The Care Act requires that the Local Authority gives regard to a person's individual wellbeing, including wherever possible taking steps to promote or improve wellbeing. There are 9 categories of wellbeing described in the Care Act, although this is not a definitive list of wellbeing areas because there may be an area of life that is important to you that is not listed.

To give regard to Wellbeing it is important to understand your wellbeing in each of the areas at the current time. This tool can be a useful way to start thinking about wellbeing either before or during any assessment process.



### How to use this tool

Using the 1-5 scale think about how you feel about each of the areas of Wellbeing. Write the number that best describes how you feel next to the wellbeing area. There is a blank space for you to add any other area of wellbeing that is important to you. There is also an area for you to make any notes about how you feel if you would like to do so.

Sometimes it can be useful to ask a carer, family member or friend to complete the tool as well so that you can understand their views and priorities in respect of your situation too.

You can complete the tool by yourself or you can complete it with any person you wish. This could be a carer, a family member, a friend, an advocate or a social care practitioner.

### What happens next?

Your social care practitioner will talk with you to understand;

- What it is that concerns/worries you or causes you distress;
- The impact of your wellbeing on your needs for Care and Support (and vice versa);
- Which areas are your priorities to change, and which areas you want to stay the same;
- What you have tried so far to change things or talk through the things that you could try; and
- How the Local Authority may be able to support you to make a positive change or help things to stay the same.

## Understanding Wellbeing Tool

### *The scale*

- 1**=I feel this is currently causing me lots of concern/worry or distress which is preventing me from living life how I want/need to  
**2**=I feel this is currently causing me lots of concern/worry or distress but is not preventing me from living my life how I want/need to  
**3**=I feel this can cause me some concern/worry or distress at times and can have some impact on other areas of my life  
**4**=I feel this can cause me concern/worry or distress at times but does not have any impact on other areas of my life  
**5**=This area of my life does not currently cause me any concern/worry or distress (or is not applicable to me)

Area of Wellbeing	Example of what this may include	1-5	Notes (optional)
<b>Personal dignity</b>	Feeling respected, listened to, treated in a humane and sensitive way		
<b>Physical/mental and emotional health</b>	Feeling well or unwell, experiencing anxiety, managing medication or treatment, feeling well supported with health needs		
<b>Protection from abuse and neglect</b>	Feeling concern for personal safety or the safety of belongings including money and property		
<b>Control over day-to-day life</b>	Feeling able to make decisions and choices, and that these are respected		
<b>Participation in work, education or training</b>	Feeling able to work or learn if this is a goal/need		
<b>Social and economic wellbeing</b>	Feeling financially stable and secure. Feeling able to access things in the community that you need/want to		
<b>Domestic, personal and family relationships</b>	Feelings about relationships with people you live with, with friends and with family.		
<b>Suitability of living accommodation</b>	Feeling settled, safe and happy where you live		
<b>Contribution to society</b>	Feeling able to volunteer/contribute to your community if this is something that you need/want to do		