Try to set goals that are specific and based on things that are important to you.

Short term:
1, 
2, 
3, 

Long term:
1, 
2, 
3, 

Next time this will be reviewed:
Over the last week, please rate how much you have experienced a sense of.....
(Please tick)

1 Hope:
- Seeing a future for yourself
- Believing that difficulties in your life will get better
- Having things that you want to do

Do you believe that you can live well, and pursue your aspirations and goals?

2 Agency (sense of control):
- Having choice and information about the support you receive
- Feeling that you are able to take control of difficulties in your life
- Knowing how to keep yourself well

Do you have a sense of control over your life?

3 Opportunity:
- Developing and supporting the things you are good at
- Supporting the roles that you already have e.g. family member, student, job role
- Having the chance to get involved in your local community

Can you build a full and meaningful life of your choice, with opportunities to be part of wider society?

4 Working relationships:
- Being listened to by health and social care professionals and people that support you
- Working together to build a care plan that fits you
- Feeling that people supporting you believe in your recovery

Do your relationships with staff foster hope, agency and opportunity for recovery?

Name: Date: None of the time rarely some of the time often all of the time

None of the time Rarely Some of the time Often All of the time Declined to answer

Hope

Agency

Opportunity

Relationships

Comments

Further Details
Name:

Date of birth: Care cluster:

Team / Ward: RiO number:

Practitioner name:

Questionnaire completed at: Tick: Practitioner comments

Admission
Initial appointment
Care plan review
CPA
Discharge
Extended leave
Other (please state)

Support needed to complete these questions? Yes No Some of it

None of the time Rarely Some of the time Often All of the time Declined to answer

Hope

Agency

Opportunity

Relationships

Comments

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