

Wellbeing: Improving Outcomes

Our wellbeing is influenced by everything around us and the different experiences and needs we have at different times in our lives.

In Scotland, wellbeing is defined by eight indicators. This is so everyone has the same understanding of what wellbeing means. The indicators are: Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included (SHANARRI). For further information, please see the Scottish Government information on GIRFEC for children, young people and families (www.gov.scot/Topics/People/Young-People/gettingitright/what-is-girfec/children-and-young-people) or the GIRFEC wellbeing page on the Young Scots website (www.wellbeingforyoungscots.org), which was developed by young people for young people. More recently, the importance that hope for the future has in improving wellbeing and outcomes has been highlighted.

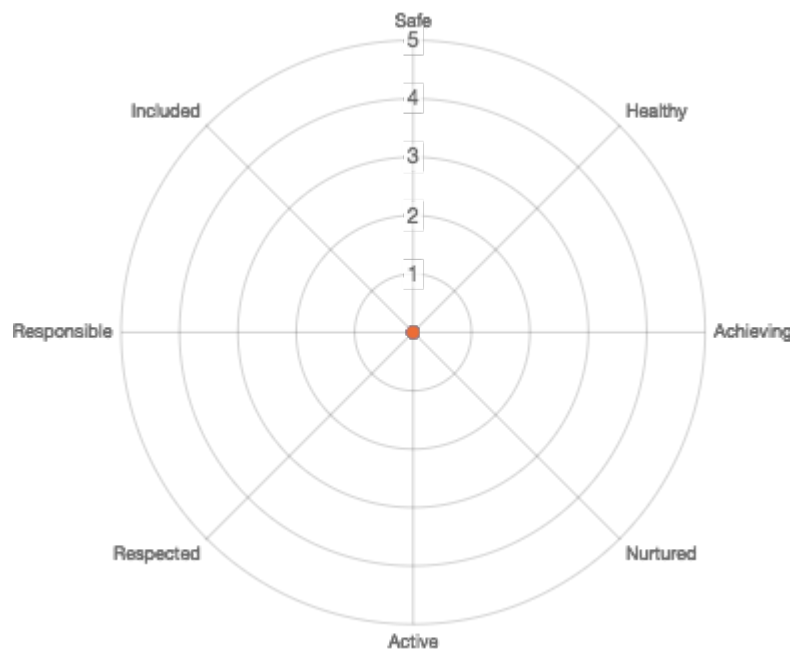
ID Code

Date of Assessment

Assessment#

Filled by

Parent / Carer



The following assessment will ask about each of the SHANARRI wellbeing areas.

There are no right or wrong answers, it is about what you think.

Please plot your rating for each question on the 'spidergram' above and draw a line between each point.

1 = Not at all 😞

5 = Very 😊

1 - Safe

Overall on a scale of 1-5 how safe do you think the child you care for is at the moment?

You might want to think about whether they are safe:

- Where they stay
- When in school / learning / work
- In their spare time
- With their friends
- With other young people
- With family / carers
- With adults around them
- On-line and on social media

If you would like to say anything about your rating you can do here:

2 - Healthy

Overall on a scale of 1-5 how healthy do you think the child you care for is at the moment?

You might want to think about their:

- Eating habits
- Activity levels
- Self-care levels
- Physical health
- Feelings
- Mental health
- Sexual health

If you would like to say anything about your rating you can do here:

3 - Achieving

Overall on a scale of 1-5 how well do you think the child you care for is achieving at the moment?

You might want to think about achievements such as:

- In school / learning / work
- In activities / interests
- Where they stay
- In services they are working with
- With friends
- Within themselves

If you would like to say anything about your rating you can do here:

4 - Nurtured

Overall on a scale of 1-5 how nurtured do you think the child you care for is at the moment?

You might want to think about whether they:

- Have a warm, clean place to stay with the food they need
- Have people who support them
- Get praise and encouragement
- Have people who respect them
- Are listened to when upset or worried
- Have people they can trust
- Are given warmth and love from trusted adults

If you would like to say anything about your rating you can do here:

5 - Active

Overall on a scale of 1-5 how active do you think the child you care for is at the moment?

You might want to think about whether they:

- Spend time exercising / keeping fit / going to the gym
- Take part in interests / hobbies
- Spend time doing things with friends
- Spend time doing things with family / carers
- Are encouraged to take part in activities

If you would like to say anything about your rating you can do here:

6 - Respected

Overall on a scale of 1-5 how respected do you think the child you care for is at the moment?

You might want to think about whether they:

- Have their views listened to
- Have people around them who trust them
- Are treated fairly
- Have people around them who are kind to them
- Have choice about how to spend their time
- Are involved in decisions that affect them
- Have their own space

If you would like to say anything about your rating you can do here:

7 - Responsible

Overall on a scale of 1-5 how responsible do you think the child you care for is at the moment?

You might want to think about whether they:

- Understand the difference between right and wrong
- Make good decisions and don't put themselves at risk
- Let people know where they are and when they will be back
- Look after property
- Look after other people
- Take responsibility for their own actions
- Engage with help and support when needed

If you would like to say anything about your rating you can do here:

8 - Included

Overall on a scale of 1-5 how included do you think the child you care for is at the moment?

You might want to think about whether they:

- Have friends who treat them well
- Are engaged in school / learning / work
- Take part in activities where they live
- Are accepted for who they are
- Feel part of the place they live
- Have enough money to buy things they need

If you would like to say anything about your rating you can do here:

9 - Hope

What are their hopes for the future and next steps?

You might want to think about whether they:

- Are hopeful of having improved wellbeing (SHANARRI)
- Have clear goals for their future
- Are motivated to achieve their goals
- Have the support needed to work towards their goals
- Engage in support to help them achieve their goals
- Are encouraged to grow their personal dreams

Comments:
