

How do I use the Young Person's Star™?

To use the Young Person's Star, you need to be getting one-to-one support from a service supporting you to move into independent living. You and your support worker decide together where you are on your journey. Then you agree which areas you want to work on for next time and how you're going to approach them.

At regular points you go back to the Star with your support worker to get a clear picture of what is working well and where things could still be improved for you.

"The Star is really simple. It gives me a goal to focus on and it showed me how I have progressed and that I can get things done. It gives you the opportunity to express yourself."
Young person

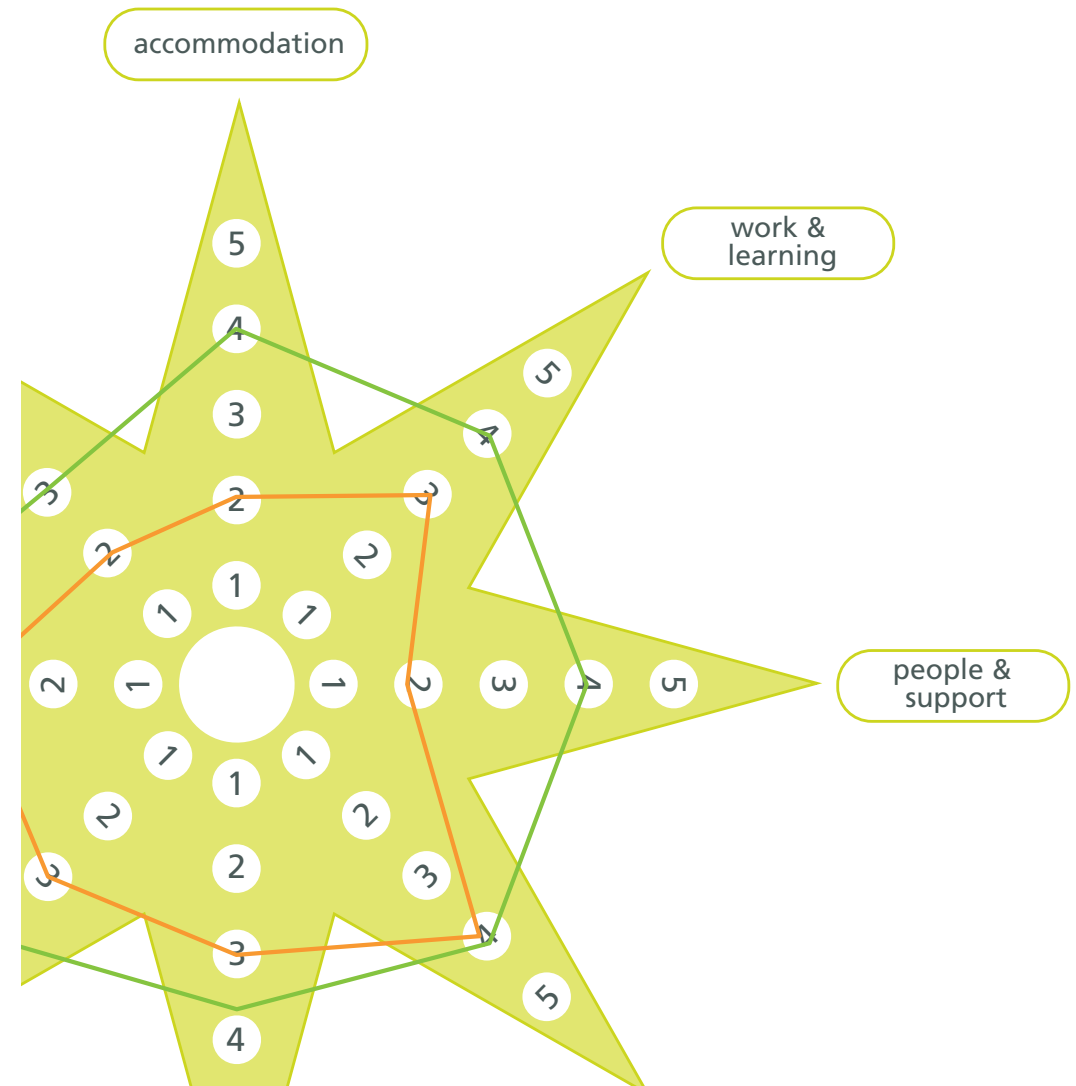
Information sharing

The service you are accessing is obliged to share information if there are any concerns about someone's safety and/or well-being and there are clear reasons for doing so which are in their best interests. Information may also be shared to ensure that you are getting the right services.

The information gathered on the Star is recorded and will be securely stored and used to provide services to you. It may also be used to monitor and audit the quality of the service offered to you.

Young Person's Star™

Information for people moving to independent living

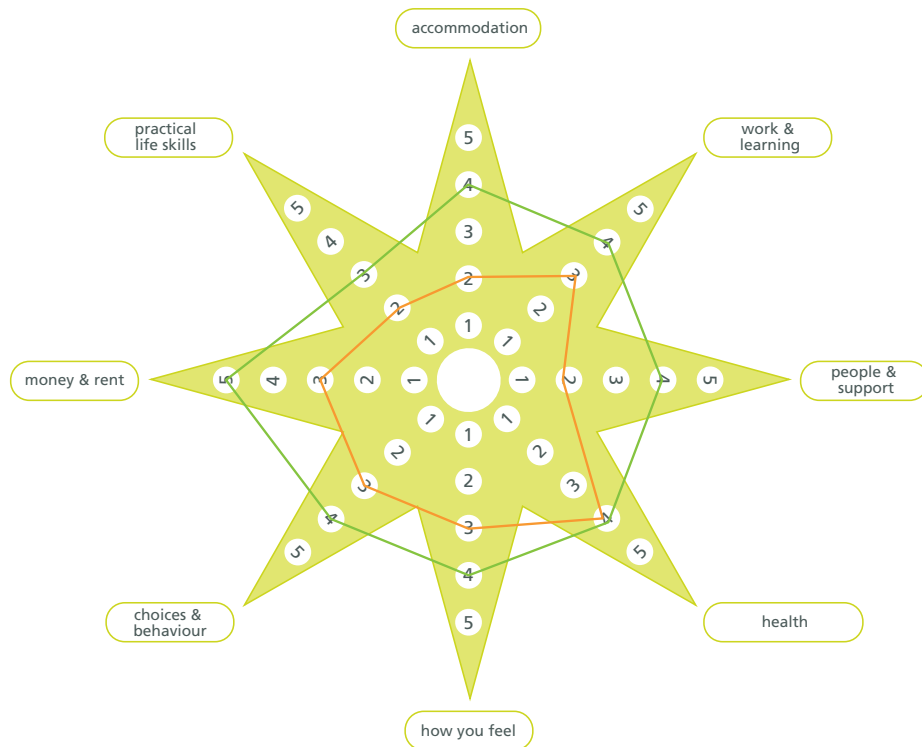


On the way to the future you want

The Young Person's Star is a tool to help you, and the service supporting you, to understand your life, your strengths, your goals and what you need to live independently.

It looks at eight different areas of your life (below).

For each area, there is a five-point scale that will help you to track what you are doing, how you feel and what is changing for you. This is called the Journey of Change (shown on the next page).



The Journey of Change

Which step are you on?

