

Which Outcomes Star™?

A guide to choosing the right version for your service

Deciding on the Outcomes Star™

Before you buy licences or book training, it is important to consider whether the Outcomes Star is the right tool for you, and to identify which version of the Star you need. We are here to help you with that process and can arrange for you to talk to someone who can advise you. In addition, some guidance is provided below.

The Outcomes Star works well where there is on-going keywork, or other 1:1 support, and you work with people holistically; it is not designed for one-off, very brief, drop in or group services. All versions of the Star take a holistic view of someone’s life – so only **use one version** with a service user.

There are over 20 versions of the Outcome Star listed on www.outcomesstar.org.uk. For some projects it will be obvious which Star to use, and for others there will be a choice to be made.

Identifying the right Star is based on:

1. The needs of your service users – your client group
2. What it is that your service helps them to achieve – the intended outcome or goal
3. The type of service and keywork you provide – especially the amount of 1:1 time you have with people

Part 1: Working with adults

If you work with adults in specific services where there is 1:1 keyworking, there are a number of Stars designed for specific service types and client groups:

Service and client group	Outcomes Star version
Mental health	Mental Health Recovery Star
Homelessness	The Outcomes Star for Homelessness
Substance misuse	Drug and Alcohol Star
Domestic violence (women)	Empowerment Star
Learning disabilities	Life Star
Vision impairment	VIP Star
Autism and Asperger’s	Spectrum Star
ADHD	ADHD Star
Parents (so their children can thrive)	Family Star, Family Star Plus, Family Star (Early Years)
Carers	Carers Star
Older People	Older Person’s Star
Adult Social Care (includes older people)	Independent Living Star
Primary healthcare (long term conditions)	Wellbeing Star
Community involvement / integration	Community Star

If you work with people with a range of needs, focus on the *intended outcome*

For example, if you work with people who have mental health issues, autism, social isolation, mild learning disabilities and/or other needs, you can choose from a number of Stars, depending on the intended outcome of your service:

- Wellbeing Star - if your overall aim as a service is to improve their health and wellbeing
- Work Star – if it is to get people into work or closer to work-ready
- Independent Living Star – if it is to enable them to live in their own homes
- Homelessness Star – if it is about getting them off the streets or avoiding eviction
- Community Star – if it is about community integration

Be clear whether self-reliance is a realistic aim, or whether your clients will always need a service

For most versions of the Star, the endpoint of the journey of change is self-reliance – an absolute endpoint where the person no longer needs a specialist service. However, the Older Person's Star, Independent Living Star, Life Star, Wellbeing Star and Carers Star all have a relative endpoint of maximising independence, choice and wellbeing – often with ongoing support.

If your work is light touch or information, choose a Star with a brief 'quiz'

All Outcomes Stars come with a full set of resources – charts, action plans, guides etc. The Wellbeing Star, Community Star and Carers Star – as well as most versions for young people, set out below – have 'quiz-style' scales that are quicker and simpler to use. These are more suitable for use where there is limited 1:1 time with people for assessment, support planning and review. For example – a project using gardening, peer support groups or other activities to support people with mental health problems would be recommended the Wellbeing Star not the Recovery Star.

All Outcomes Stars are collaborative tools

With the exception of the Wellbeing Star, the Stars are not designed to be completed alone or used as self-help tools. They are created for people with a need for a specialist service, and the discussion generated by completing the tools collaboratively between a professional keyworker and a service user is one of the key benefits of the Outcomes Star.

Guidance on specific choices for working with families

Family Star (Early Years) is specifically designed for pre-school children (0-5 years) and in lighter-touch interventions (ie Level 2 work in Children's Centres.) Family Star Plus (which was created in response to DCLG Troubled Families programme) is suitable for families with children aged 5+ or more complex/intensive work (ie Level 3/4) where children are under 5. Family Star is available with additional tools to support services in Scotland working under the GIRFEC framework.

Guidance on specific choices for adults with multiple needs

For example, adult clients may have both learning disabilities and autism or mental health issues. If the aim of your service is self-reliance, where people no longer need a specialist autism or mental health service, the Spectrum Star or Recovery Star are more suitable. If your clients will probably need an ongoing service, and perhaps a lot of support, and/or do not have the cognitive capacity to engage with the Spectrum Star, then the Life Star is more relevant.

Part 2: Working with children and young people

If you work with children or young people in a 1:1 keyworking context, there are a number of Stars to choose from:

Outcomes Star version	Service type and client group
Young Person's Star	For young care leavers , those leaving young offender institutes and other homeless young people. This is effectively a young person's version of the Outcomes Star for Homelessness
Youth Star	For community-based youth work , including youth clubs, young people at risk of disengaging from education, and activity-based programmes. It can also be used with NEET young people early in their journey to work
Student Star	For young people with additional needs in colleges or other supported work and learning environments. It is suitable for students with a range of needs, including autism, learning disabilities or behavioural needs
Teen Star	Developed for young people in substance misuse services, addressing risk behaviours. This version is also widely used with young people with a number of needs because it was the first Outcomes Star published for young people
My Star	For looked after children , children in vulnerable families and those in therapeutic children services, this version can be used from ages 4-18 though is most meaningful around 7-14. My Star is designed to work well with the Family Star and Family Star Plus, capturing the voice of the child in family support work
Attention Star	For children and young people age 5-18 diagnosed with ADHD. The Attention Star is a version of the ADHD Star for adults.
Shooting Star	For school students , to capture more holistic outcomes and give a focused emphasis to outcomes beyond academic achievement. This was developed in secondary schools but later tested successfully in primary schools
Sexual Health Star	For work with young people around sexual health – a holistic tool looking at relationships, attitudes to risk taking and confidence, as well as attitudes to contraception and sexually transmitted infections
Music Therapy Star	Our most service-specific Star, this is suitable for children aged 2-11 in music therapy and is completed by the therapist, parent/carer and possibly referrer

Next steps

If you have identified the right Star for you, then get in touch to confirm your training and licensing needs. If you are not able to identify an appropriate version of the Outcomes Star:

- Check the list on www.outcomesstar.org.uk to see what versions are currently under development
- Identify and test out the closest version with a small group of workers and clients – we can help you design this
- Contact us to discuss your needs in more detail – info@triangleconsulting.co.uk

Outcomes Stars™ are sector-wide, tested and trademarked tools

All versions of the Outcomes Star have been developed with collaborators who provide their time, expertise and funding. Each version is the result of extensive research, development, testing and refinement, informed by sector thinking and developed with commissioners, managers, workers and service users. Please do not attempt to tailor any versions of the Outcomes Star yourself – it is harder than it looks, will damage the integrity of the tool and also be a breach of copyright and trademark legislation.

For more information about this issue please see www.outcomesstar.org.uk