



Personal outcomes statements

Word	Definition	Examples
Personal outcome	<p>The well-defined picture the person describes that represents a realistic hope for them.</p> <p>The impact or end result the person wishes to achieve.</p>	<p>I want to feel comfortable and smell fresh, so that I can enjoy spending time with my grandchildren.</p> <p>We want our son to have a bedtime routine, so that he sleeps well at night and doesn't fall asleep at school.</p>
Need/Barrier	<p>Requiring something that is essential rather than just desirable – the state of requiring help.</p> <p>A circumstance or obstacle that keeps people or things apart, or prevents communication or progress.</p>	<p>Since having the stroke, I'm not able to shower myself.</p> <p>Our using substances has stopped us from keeping routines with our children.</p>
Resource (or Input)	Provision to achieve the outcome	<ul style="list-style-type: none">• Person's/family's own resources• Social workers• Care staff• Health staff• Services and equipment• Local groups.
Output	Quantifying activity to produce effect	<ul style="list-style-type: none">• Number of visits• Number of plans. <p>Outputs tell the story of what you produced or your organisation's activities.</p>

Exercise:

See if you can correctly identify the personal outcomes statements from the list below

	Statement	Is this a personal outcome?
1	I can't get out and about anymore because I'm unsteady on my feet	
2	To have a better social life by being part of a sewing club and not feel lonely	
3	I want to control my drinking, so I can rebuild the relationship with my daughter and get to read my grandson a bedtime story	
4	Provision of information about local singing groups	
5	I want to have more confidence to go to town on my own so that I don't have to rely on my family	
6	When Mum feels low she stays in bed all day	
7	To have home cooked meals that I enjoy at a time that suits me	
8	We want to have a clean and tidy enough home, so we feel happier and can invite friends around sometimes	
9	Referral for an assessment at the Community Mental Health Team	
10	To be able to walk safely in my garden without being afraid of falling	
11	Best Interests Meeting to be arranged	
12	I have care workers calling three times a day to help with personal care	
13	Dad is getting very forgetful, he wants a memory clock	
14	I want mum to sit with me and help me with my homework	
15	I go to the memory clinic once a month	
16	I want to be able to get out and do the things I love. I love to go singing and see shows. I don't ever want to feel like I'm trapped in my home	
17	I am registered blind	
18	I will have come to terms with the loss and the sadness, and I will be focusing more on the positives	
19	Mum needs homecare	
20	Respite care is needed for Mrs Jones when her husband is admitted to hospital for treatment	
21	Going to a carers' support group	
22	I can reduce the stress on my daughter and stay at home while maintaining a link with my friend	
23	I want to be able to use a toilet rather than doing my business in a pad. It's not very comfortable to be laying in it and it's embarrassing having the carers change me	
24	I'm having supervised contact with my dad	
25	I want to be able to read my children a bedtime story and put them to bed	