

THE LIFE WHEEL (V.2)



A ground-breaking tool to help people achieve a great quality of life





THE LIFE WHEEL (V.2)

OVERVIEW

The “Life Wheel” is a ground-breaking tool to help people achieve a great quality of life, especially within social care. It is a tool that can be used in conjunction with many other methodologies, like Positive Behavioural Support, Active Support, and various types of professionals’ assessments. The “Life Wheel” is a structured framework, that allows you to work with the individual, their family and friends, and professionals, to understand the areas in the person’s life that need attention, so that they can work over time with support to enhance and equalise their quality of life across all areas on the “Life Wheel”.

It is a document that can be reviewed/redone, on a regular basis with the person, and fits perfectly with regular review cycles done as part of the person’s support.

The “Life Wheel” is so effective because it helps give the person a % score for their own perceived quality of life (QoL % score), and as such is very useful to see how impactful support is for the person over time. It also lets the person see changes to their own quality of life across the different domains, helping the person and their support focus on areas of most need, and see tangible and objective increases in their own quality of life and independence.

Note: After use of the “Life Wheel” following the person’s second/third review cycle, most people will reach a plateau or decrease in quality of life for a short period of time. This is natural and does not indicate a decrease in quality of support or outcomes. It is a common re-adjustment for people as they start to achieve a far greater quality of life than they could have ever initially anticipated, and they naturally recalibrate their quality of life by scoring it down as they continue to achieve more independence, skills, and choice and control, over all elements of their “life wheel”. Following this brief plateau or decrease, you should see increases again in overall quality of life, although these will now likely be more gradual than they were initially - this is due to the person having more awareness and sensitivity over their quality of life, and what is achievable in the future.

HOW IT WORKS

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Firstly, it is important that this tool is printed out physically, and completed by hand. It should not be kept away in an office, but should remain live and accessible to the person, and any support they may have. This is vital to ensure that the person is inspired to, and supported appropriately, to increase and maintain positive changes to their quality of life across all domains.

The person or support staff should write the person's name and the date of completion at the top.

The "Life Wheel" is split into the 10 domains (detailed below). Each domain represents a different area of a person's life.



Aspirations



Relationships



Environment



Safety and support



Momentum



Positive risk and experiences



Personal wellbeing



Freedom

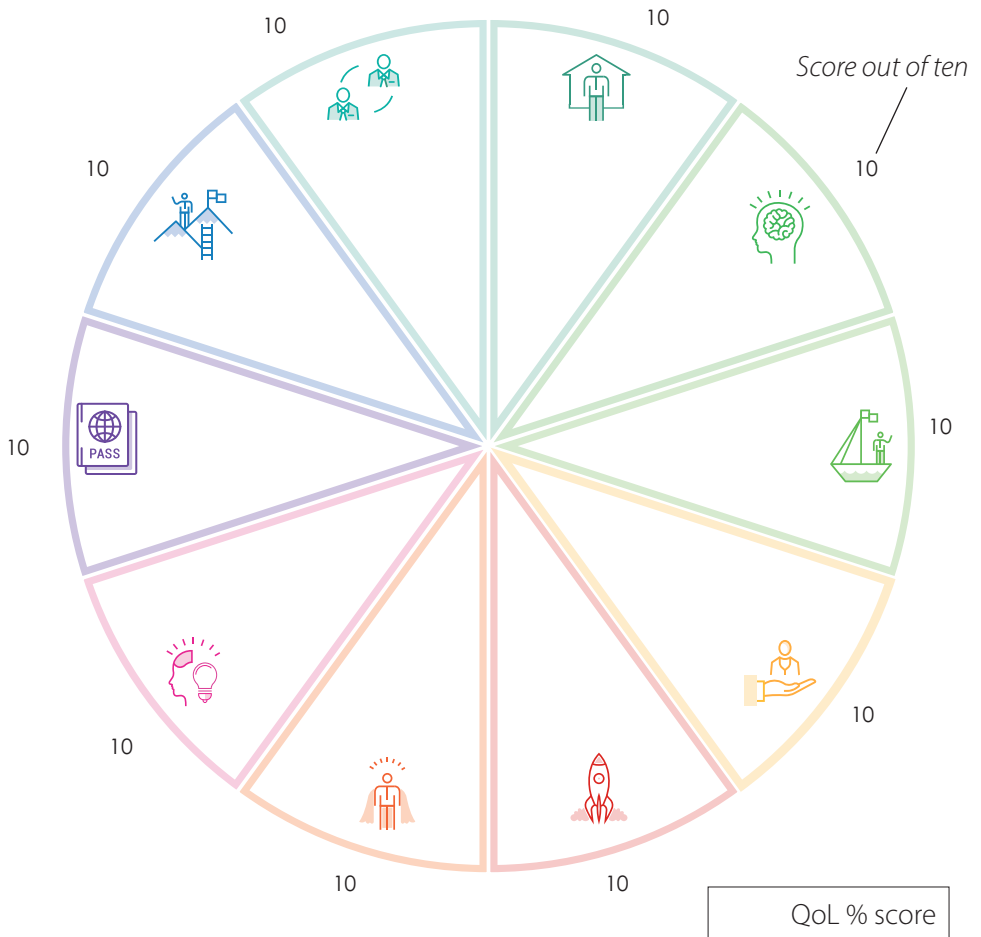


Creativity and choice



Skills, education and work

The ten domains



The wheel simply works by looking at each domain with the person, and where appropriate their friends, families, and other professionals, and assigning a value from 0 to 10 and in each area. A lower score in any area, would indicate a poorer quality of life in that area, a higher score in an area would indicate a greater quality of life in that area. The person, and anyone who might be supporting them to complete, should discuss the different areas of their life to help determine the individual domain scores. See the “explanation of domains” (below) to help you understand what they are.

Write the score for each domain in its relevant scoring box, and then add up the total of all domains and put the total into the % box in the bottom corner, which will give the overall quality of life for the person as a % score.

How do you score 0-10 in each domain

There is not a 0-10 scale to help the individual, and others who support them, score each domain. Simply, a lower score (0-4) indicates a lower quality of life, or level of fulfilment in that domain, a higher score (7-10) indicates a good quality of life, or level of fulfilment, in that domain, and anywhere in between would indicate a moderate level of fulfilment/quality of life in that domain.

A scale is not given to assist in scoring because each person is unique, and has their own unique understanding of their own abilities, aspirations, and fulfilment. Therefore the values given to the 10 domains on the Life Wheel are subjective/ bespoke to the person, and the people helping them complete it.

Because the tool is designed to be used by the person themselves where possible, and people who know and support them best, whether they be family, friends, or professionals, there will be a **subjective consistency** with all of the scores assigned to the different domains, as over time it will be relatively the same people inputting on the scores on the Life Wheel when it is reviewed for the person, and as such the way that scoring is assigned and evaluated by all involved will remain relatively consistent.

It also means that, irrespective of the persons support needs, everyone has the possibility of achieving a maximum 10 score if they can reach their own perceived level of fulfilment in any of the domains, as the scoring will be subjective and relative to their own abilities, support needs, aspirations and goals - as defined by them, rather than relying on an objective scale that does not account for individual differences and differing support needs.

Overall scoring

- Any score of 75% or above generally indicates a good overall quality of life.
- Any score of 50% - 74% or above generally indicates some overall quality of life.
- Any score of 49% or below generally indicates a poor quality of life.

The area of direct focus with the person should be the domain/s with the lowest scores, with the ambition being to try and equalise the "Life Wheel" at a minimum level of 8 points in each domain.

If there is any domain with a score of 3 or below, then this domain should receive immediate focus.

What do the domains mean?

Firstly, there will be various things in a person's life that span multiple domains. For example, when thinking about money/finances, this could span multiple domains. It could be an "aspiration" for a person to own their own home, they may also want to do various things under "positive risk and experiences" that require money, in addition "creativity and choice" could include money/finances in terms of being able to afford the right tools or opportunity to pursue specific interests, and so on and so on. The list is not exhaustive, or prescriptive, it is determined by what means something to the person who is completing the "Life Wheel".

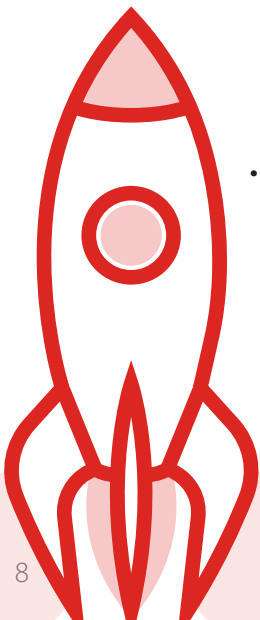


The different domains mean:

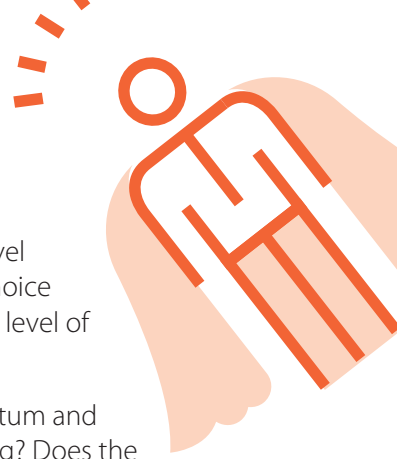
- **Aspirations** - Does the person have aspirations and goals, are they defined, and is the person on the road to achieving them? How does the person feel about where they are in relation to making their aspirations a reality?
- **Relationships** - How are relationships for the person? This could be any relationship within the person's life, from family and friends, love and sexual relationships, to community relations and being a valued member of society. Also of course relationships with any team members and/or professionals that may be significant to the person.
- **Positive Risk and Experiences** - Does the person feel enabled to take positive risk, and live a life of experiences that would be rich to them? Is

the person enabled to do things that are sometimes dangerous or risky, with appropriate positive risk assessments and support, so that they can live a life where they can experience things that truly matter to them?

- **Environment** - Is the person happy with the environments where they spend their time? This could be home, and other places where they spend time. This would also involve people that are sharing their environments, from friends, family, house mates, or partners, to team members and professionals, to people in the community when out and about.
- **Personal Wellbeing** - Is the person happy and content physically and mentally? Physically, does the person stay fit, and do they eat healthy food and nutrition? Mentally, is the person able to manage their day to day life, and build resilience so that they can thrive?
- **Creativity and Choice** - Does the person have the opportunity to be creative, and do they have choice and control over their life where possible? Does the person have the ability to make unwise choices should they so wish, and does the person have the ability to pursue things that interest them personally? Do others understand what truly makes the person happy and fulfilled, and support the person to live a life that is meaningful to them, where the person has as much control as possible over their day to day choices?
- **Skills, education and work** - Is the person supported, enabled and encouraged to build skills, access education, and/or find work? Does the person, irrespective of need, have the opportunity to be stretched and grow, to learn new skills, so that they can become more independent and skilled in various areas of their life?
- **Safety and Support** - Does the person have the right level of support, from the right people, at the right time? Does the person have too much support, which could disable their abilities to become and maintain independence? Is the person safe from harm and abuse where possible, whilst still being able to take positive assessed risk, and maintain a great level of personal choice and control in their life? Does the person have people surrounding them, who can support appropriately, with just enough support when needed, and advocate for the person if appropriate?



- **Freedom** - Does the person have the ability to make choices, and the day to day things they would like to do? Does the person have the access to the personal skills, support, resources and/or funds that would enable the level of freedom they desire? Does the person have choice over what they do, and are they happy with their level of freedom and control in their life?
- **Momentum** - Does the person have the momentum and energy to achieve the things they aspire to having? Does the person have a plan to achieve what they want, and are they taking steps to get to where they want to go? Is there energy or momentum behind what the person wants to achieve, and do they have access to the personal skills, support, resources and/or funds they they need to move forward?



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In the oblong boxes, under each heading, spend some time with the person focusing on “**What is good?**” and write these down. This is important, as it is good to remember and visualise the positive things a person has happening in each domain. Then spend time with the person focusing on “**What needs focus?**”, and putting down some initial thoughts about what could be done to improve the quality of life in this domain.

Key opportunities
across domains

Barriers to
opportunities

Barriers
de-constructed

In the “**Key Opportunities Across Domains**” box, spend time writing down any common areas of focus from the domains above, that span more than one domain. This is to identify where there are opportunities for maximum impact. If the person can identify any area/s of focus that meet multiple domains, and work towards achieving the area/s of focus, the quality of life for the person

will increase drastically across multiple domains, and also help the person achieve a huge amount of confidence and momentum in doing so.

In the “**Barriers To Opportunities**” box, write down known barriers, issues or excuses, you anticipate for not following through on the areas of focus. This is important, as by naming them and being hyper aware of them, means it is easier for the person and their support to recognise them when they occur, and de-construct them.

In the “**Barriers De-constructed**” box, this is where you write down the answers to the barriers that you anticipate will come. If a barrier for example is “I can’t get up early enough to exercise”, the deconstruction might be “go to bed earlier and watch your programmes after working out as a reward”. It is also extremely effective for the person to link the “deconstructions” back to any “aspirations” they have listed, as a clear purpose will help the person drive their pursuit of their goals. For example, if the person has an aspiration to move in to their own home, and a key opportunity for them is to hold down a regular job with income, and they have a barrier of not wanting to get up early in the morning, then a deconstruction could be “to go to bed earlier, watch any programmes after work, and this will help you towards moving on towards being more independent in future in your own home.”

ACTIONS

It is now important to build a plan towards achieving some of the “Key Opportunities” that have been identified. We do not give a prescriptive way of doing this, as it needs to be a method that is effective for the person. However we would recommend that any plan you use is SMART (Specific, Measurable, Achievable, Relevant, Time-Bound).

There are many ways to action plan that can be found online, one methodology that is highly effective however is by using “Outcome, Performance, and Process Goals”. This is a simple, yet highly effective structure to breaking down goals, with lots of easy to follow examples of how you can start using this methodology online. This model is particularly effective with the “Life Wheel” as it allows the person to set an overarching “Outcome Goal” that could encompass their whole life, for example - to increase my quality of life and happiness, and move in to my own home. Under this, there could be

clearly established “Performance Goals” that will help the person get to a place to give them the best chance of making their “Outcome Goal” a reality. These may be “Performance Goals” like - “Being able to live with minimal support”, “Having enough money to live and pay for my home”, etc etc. Then, under each “Performance Goal”, you would have a number of “Process Goals”. For example, under “Being able to live with minimal support”, there may be “Process Goals” to achieve this, like “Learning to prepare hot and cold meals”, “Learning to travel independently”, and “Building local community connections and friends”. These individual “Process Goals” would then naturally be a focus of the persons day to day support, so over time, the person will grow their skills naturally, helping them achieve a far greater quality of life overall, and help them achieve their “Performance Goals”, and possibly their “Outcome Goals.”

