



This question is about choice in your daily life.

Having choice means that you can decide what to do.

Think about the choices you have.

**How do you feel about choice in your daily life?**

Please tick (✓) 1 box.

I have as much choice as I want. It is great.

☐


I have enough choice. It is OK.

☐


I have some choice. But I would like more.

☐


I have no choice. It is bad.

☐




This question is about being presentable

Being presentable means being clean, having clean clothes and feeling comfortable in what you are wearing.

**How presentable do you feel?**

Please tick (✓) 1 box

I feel very presentable.

☐


I feel quite presentable. It is OK.

☐


I feel a bit presentable. It could be better.

☐


I do not feel presentable at all. It is really bad.

☐




This question is about what you eat and drink. Think about it.

- You can have the food and drinks you like.
- You have enough food and drinks to keep you healthy.
- You can eat and drink as often as you need to.

**What do you think about what you eat and drink?**

Please tick (✓) 1 box

I get all the food and drink I like when I want.

☐


I get enough of the food and drink I like when I want.

☐


I get some of the food and drink I like when I want,  
but not enough.

☐


I do not get any of the food and drink I like so I might  
get ill.

☐




This question is about how clean and comfortable your home is.

Having a clean home means that the kitchen, bathroom, bedrooms and all other rooms are clean and tidy.

Having a comfortable home means that you like how your home looks and feels.

### How clean and comfortable is your home?

Please tick (✓) 1 box

My home is as clean and comfortable as I want.

☐


My home is quite clean and comfortable.

☐


My home is not clean and comfortable enough.

☐


My home is not clean and comfortable at all.

☐




This question is about how safe you feel in your home.

Feeling safe means that you are not worried about:

- Being bullied or abused.
- Falling or getting hurt.
- Being attacked or robbed

**How safe do you feel in your home?**

Please tick (✓) 1 box

I feel very safe in my home.

☐


I feel quite safe in my home.

☐


I do not feel safe enough in my home.

☐


I do not feel safe at all in my home.

☐






This question is about feeling safe when you go out in your local area.

Feeling safe means that you are not worried about:

- Being bullied or abused.
- Falling or getting hurt.
- Being attacked or robbed.

**How safe do you feel when you go out?**

Please tick (✓) a box

I feel very safe when I go out.

☐


I feel quite safe when I go out.

☐


I do not feel safe enough when I go out.

☐


I do not feel safe at all when I go out.

☐




This question is about your social life.

Social life means spending time with people you like.

This could be friends, family or people in your community.

### How do you feel about your social life?

Please tick (✓) 1 box

I see the people I like as much as I want. It is great.

☐


I see the people I like sometimes. It is OK.

☐


I see the people I like but not enough. It could be better.

☐


I do not see the people I like at all. And I feel lonely.

☐




This question is about how you spend your time.

Think about all the things you do during the day. You could think about:

- Your free time.
- Going to work, college, or volunteering.
- Housework.

Think about if:

- You can choose the things you do.
- You enjoy the things you do.
- You have enough things to do.

**How do you feel about the way you spend your time?**

Please tick (✓) 1 box

I spend my time how I want. It is great.

☐


I do enough of the things I like. It is OK.

☐


I do some of the things I like. But I would like to do more.

☐


I do not do the things I like. It is really bad.

☐






This question is about dignity.

Dignity means being treated nicely and kindly.

**How do you feel about the way your paid support treat you?**

Please tick (✓) 1 box

I am very happy with the way my paid support treat me.

☐


I am quite happy with the way my paid support treat me.

☐


I am a bit unhappy with the way my paid support treat me.

☐


I am very unhappy with the way my paid support treat me.

☐
