



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 if:

- 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 (✓) 1 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.

☐
