



PERSONAL OUTCOMES

Penumbra



nova







I·ROCC

nova short breaks



The Challenge

- Outputs  Outcomes
- Passive Recipient  Student & Self Manager
- Support Worker  Coach & Educator
- Services  Service

What is an Outcome?

INPUTS



OUTPUTS



PROCESSES

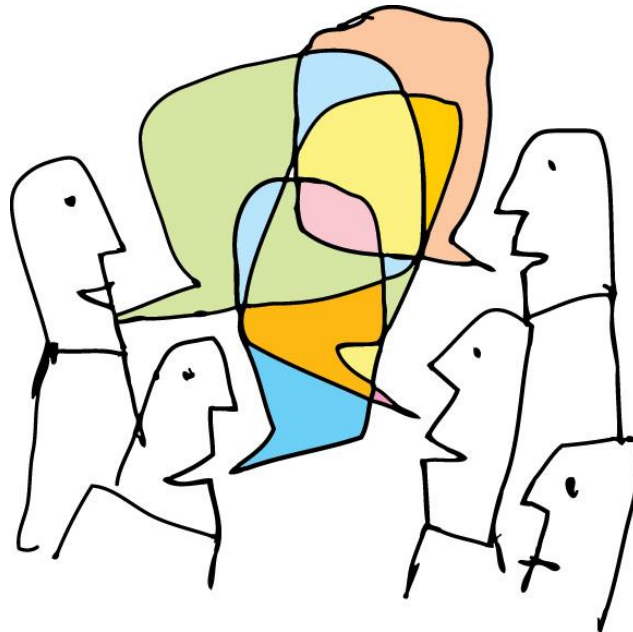


OUTCOMES



Is it a personal outcome?

- In your groups:
 - Identify the Personal Outcomes
 - Discuss: what distinguishes them from the other cards?



Recovery



Recovery isn't waiting for the storm to pass....
It's learning to dance in the rain.....

Framework for Wellbeing



home

a safe and secure place to live

opportunity

to pursue meaningful leisure, recreation, education and work possibilities

people

as friends, confidantes and supporters

empowerment

fully involved in decisions affecting own life



Measuring Recovery

4 areas of HOPE

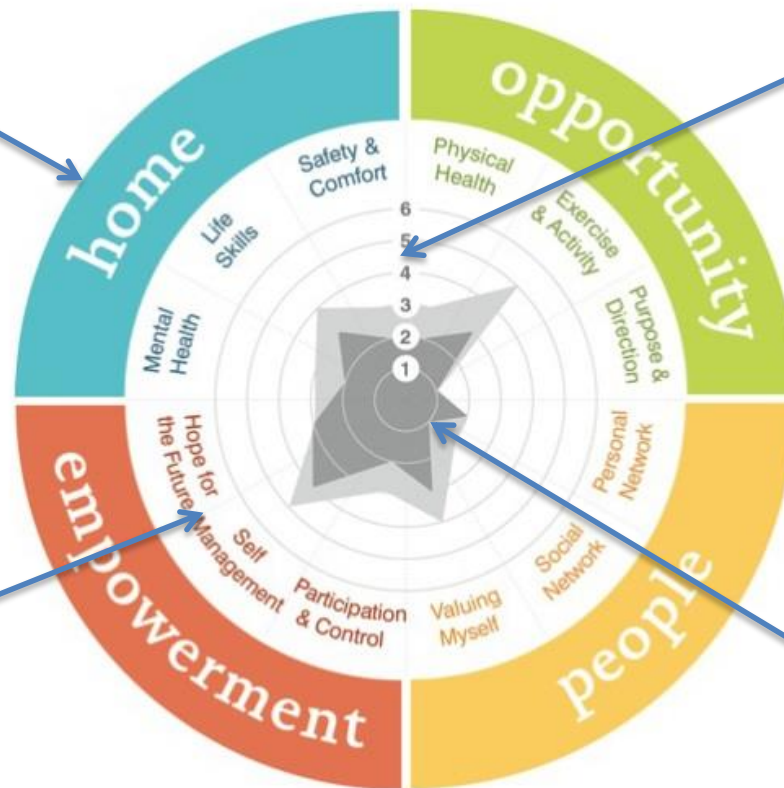
6 point scale

I·ROC

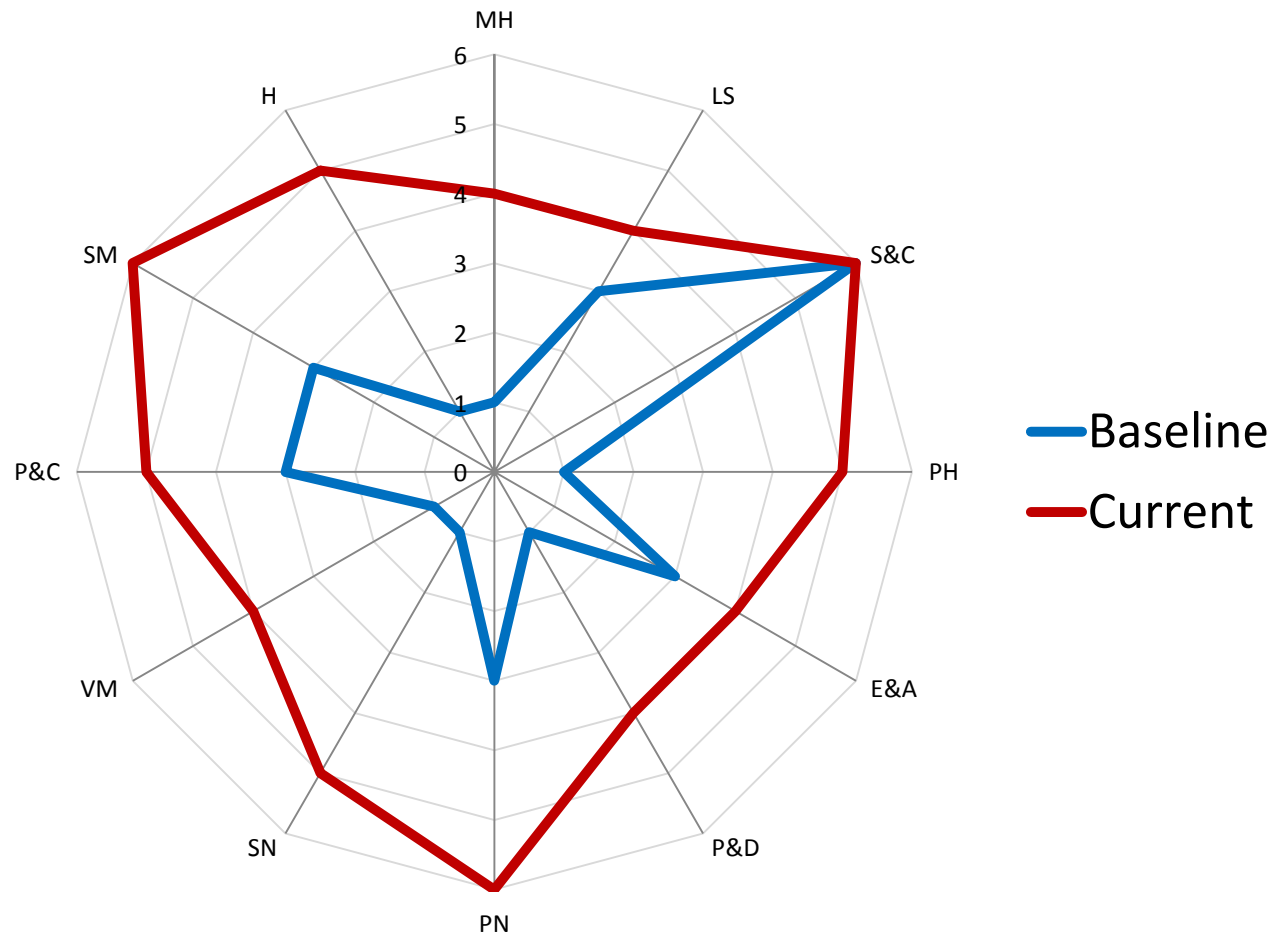
I·ROC

12 indicators of wellbeing

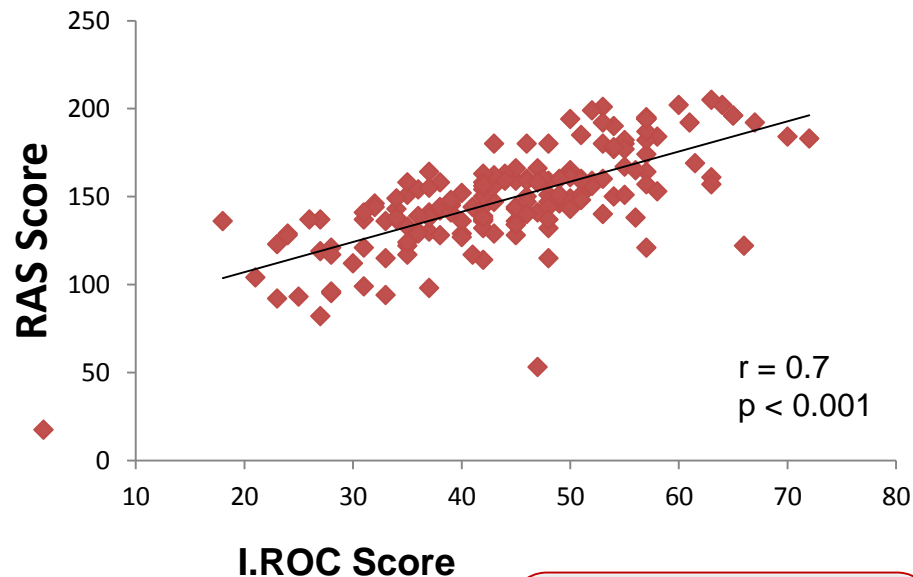
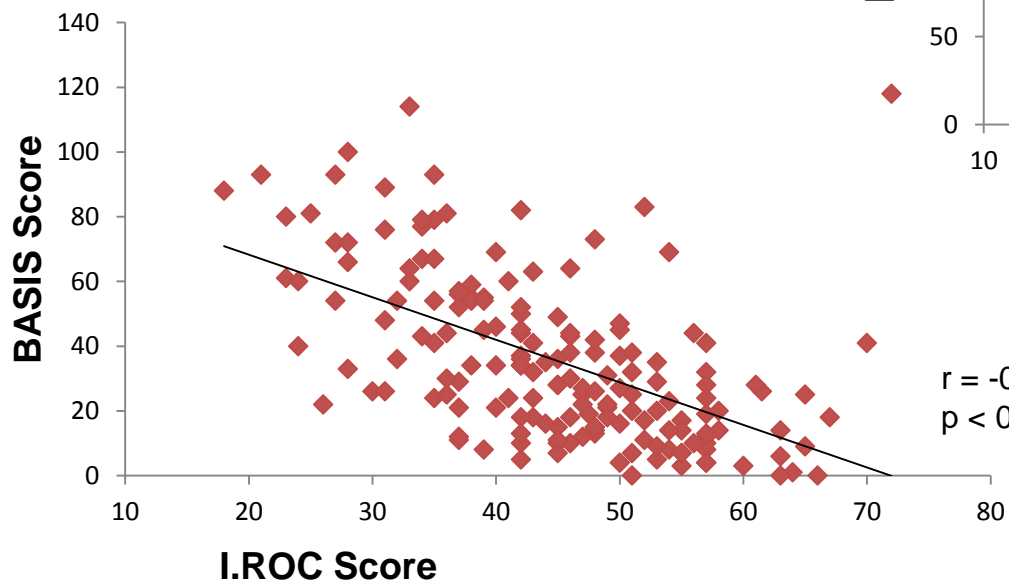
picture of recovery

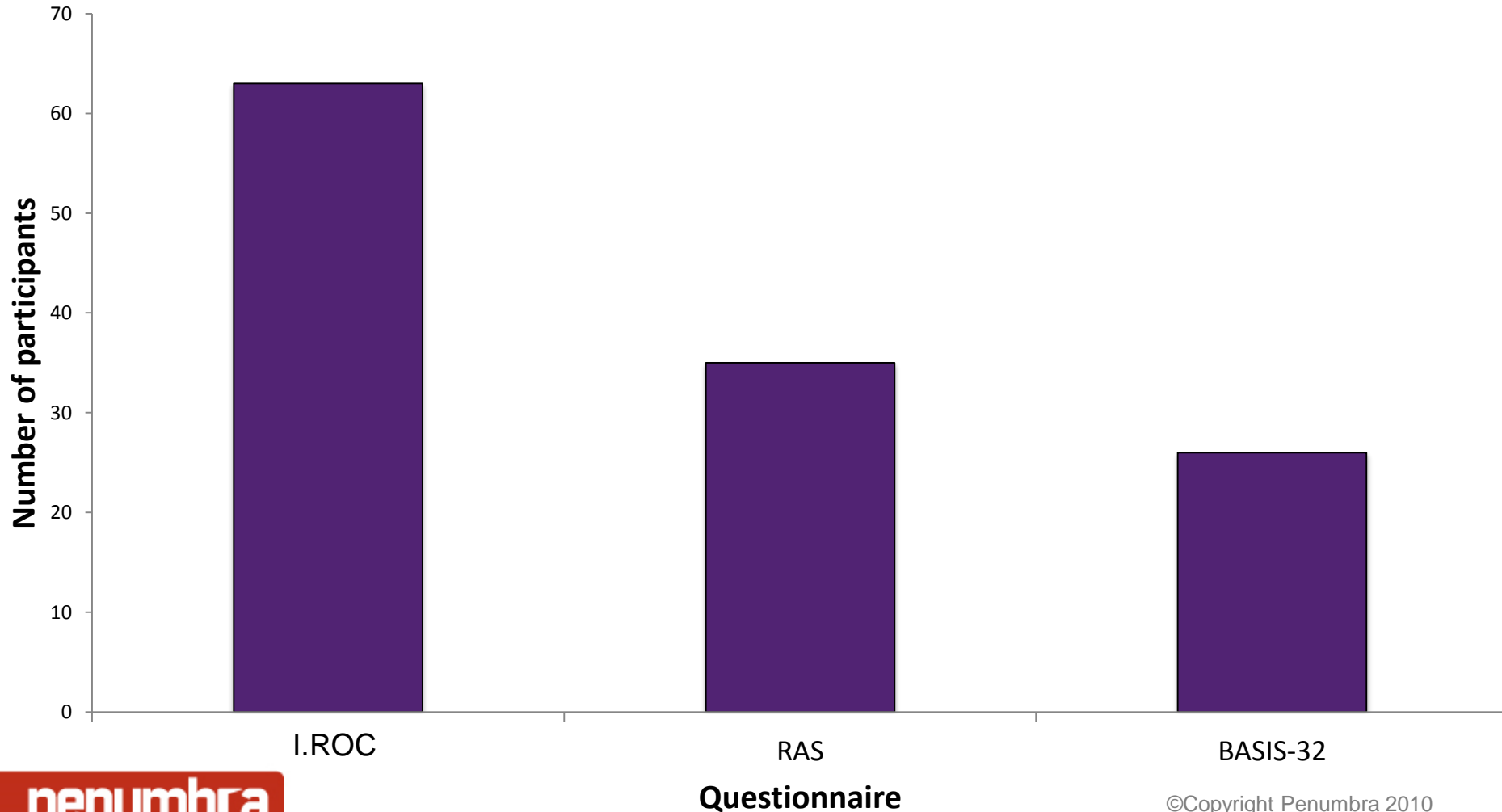


I.ROC - Personal



Service User Validation Results






Outcomes Based Approach

IMPLEMENTING AN OUTCOMES BASED APPROACH


ME
 First meeting with Penumbra
 A bit about me
 What's important to me?
 What am I hoping for?
 What do I need?
 I.ROC




My I.ROC
 What does it tell me?
 What are my priorities?
 Who are the best people to help me?



My Plan
 What are my hopes, my dreams, my goals?
 What do I want to work on?
 What is my plan?
 What are my strengths?
 What support do I need?



My Toolkit
 How will I get started?
 What resources can I use to help me?
 What techniques can I learn so I can help myself?
 What experiences have I had that I can learn from?
 What are my first steps?



My Review
 How am I doing?
 How am I feeling?
 Am I reaching my goals?
 What does my I.ROC tell me?



PRACTICE PRINCIPLES

PERSONALISATION

COLLABORATION

OUTCOMES FOCUSED

SELF MANAGEMENT

PERSONALISATION

From "Talking Points – Personal Outcomes Approach A Practical Guide"
 JOINT IMPROVEMENT TEAM

Outcomes focused conversation
 Person identifies where they want to get to (outcomes not outputs)

Exchange Model
 Brings together knowledge of the person, carer, agency through relationship building and negotiation

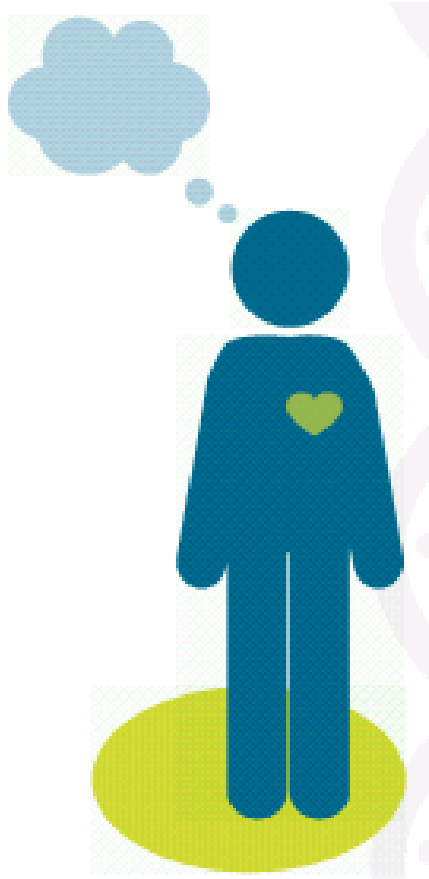
Enablement
 Work backwards from outcome to identify how to get there – including the role of the person bringing their own assets.

Implement Plan
 Which might include actions the person and their carer are responsible for as well as services

Review the Plan
 To ensure outcomes are still relevant

AN OUTCOMES BASED APPROACH

Describing Outcomes



Where do I want to end up?

What are my hopes and dreams?

My I.ROC - What does it tell me?

What are the key areas?

Are they important?

How would I be feeling?

Where would I be?

What would I be doing?

Who would I be with?

©Copyright Penumbra 2010

Picture Me

I picture me...

- *Confident using the computer*
- *Fit and active*
- *In a part-time job I enjoy*



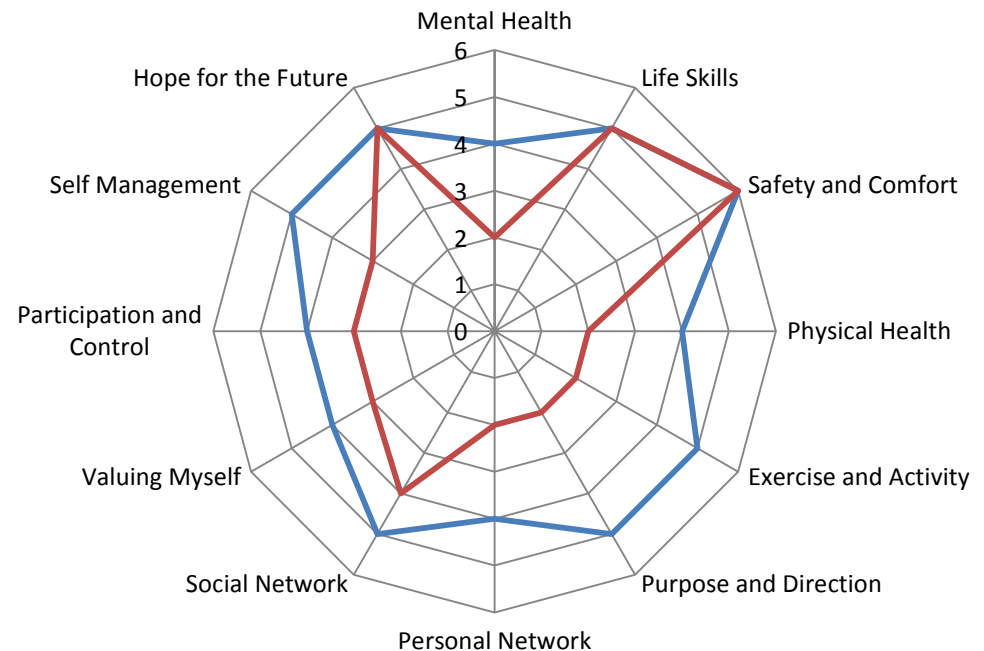
Lisa's Story

Priority Areas:

Mental Health, Physical Health
Exercise and Activity
Purpose and Direction.

Outcomes Identified

Healthier, Happier, More
Confident, Friends & Family,
Doing more, Able to use Public
Transport, Connected, Working
as Nurse



Steps Taken By Lisa

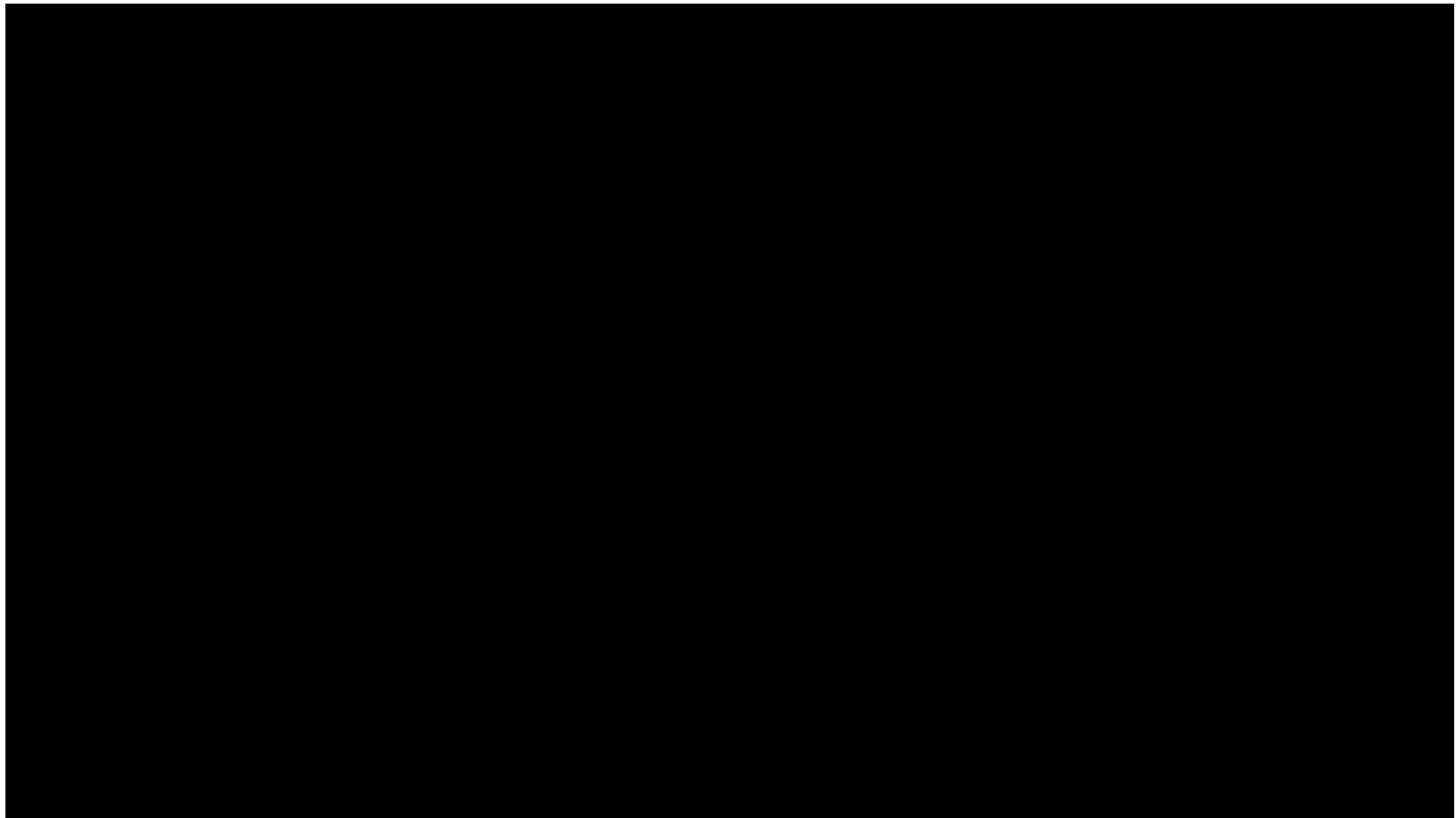
Contacted old friends, staff supported to use buses, now does so independently, going to cinema, pop concerts, started horse riding, now volunteering at riding for disabled, started college course – access to nursing.

Over To You...

- Outcomes and Risk
- Challenges and Barriers
- Outcomes and You



I.ROC video



Questions



Thank you!

- Contact me:

Penumbra

Norton Park

57 Albion Road

Edinburgh

EH7 5QY

0131 475 2577

Bridey.rudd@penumbra.org.uk