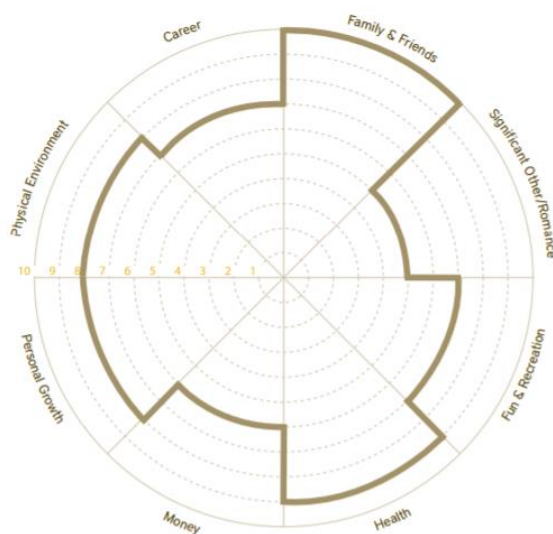


## Quality of life wheel

This tool is designed to be used as part of an outcomes-focused conversation. The headings or areas of life mirror those used in the RiPFA note taking tool, these are commonly used in local authority social care assessments. The purpose is to support the person to think about different aspects of their life, what is going well, what is going less well, and to identify how satisfied the person is with each aspect. They can then go on to identify where they would like to aim to be, identifying a relevant outcome or goal they wish to achieve. This process is commonly used in a coaching context to capture a snapshot of a person's life from their perspective (Kimsey-House et al, 2011). Joining the 'scores' within the wheel gives an indication of the person's quality of life holistically, and the balance they are achieving. The principle of finding balance is important here, and managing expectations in terms of what is possible to achieve given a person's capacity to benefit, the level at which their quality of life might be expected to be given their individual circumstances, abilities, strengths and the factors, such as illness or impairments, that impact on these.

You could start the conversation by explaining that:

- It is a conversation to help you find out about their life and circumstances so you know what is important to them, what is good about their life that they don't want to change and what is not so good that they do want to change.
- The information will help build complete picture of their needs, priorities and where they want support or services to have an impact – their desired outcomes.
- It will cover all the different aspects of their life some might be relevant some less so but the aim is to make sure everything is taken into account.
- They can then decide what support or services will best help them achieve their desired outcomes.
- You will record in your notes what they say to make sure everything that is important to them is captured. They can keep a copy of the wheel to use to talk to others, such as family or other professionals, about how they feel.
- Alternatively you can give the tool to the person to complete independently as part of a self-assessment



*Adapted from an exercise in Co-Active Coaching (3rd ed.) Kimsey-House et al (2011) and from the RiPFA Working with outcomes tool.*

<http://www.coactive.com/docs/resources/toolkit/pdfs/18-Wheel-of-Life-Exercise.pdf>