

How well did I use the Outcome Sequence?

1 Did I discover what matters to the person, who is important in their life and the places that matter to them? Did I explore aspirations if this was appropriate? Did I discover what the person's strengths, assets and qualities were?

2 Have I fully understood what is working and not working about the person's life now, from their perspective?

3 Am I clear about the positive change that the person wants to see in their life (either changing something that is not working or moving towards an aspiration)?

4 Have I described this change in terms of a specific outcome or outcomes?

5 Have I checked the outcome(s) against the following:

- Can we measure it? Do we know the starting point?
- Is it achievable?
- Does it keep or build on what is working?
- Does it change what is not working?
- Does it move the person closer to their positive change/aspiration?
- Where there is an assessed need, does the outcome meet it?
- Is it written in everyday language, and not expressed from a service perspective?
- The outcome does not include a solution.

Am I confident that I involved the person in decision making as much as I could?
