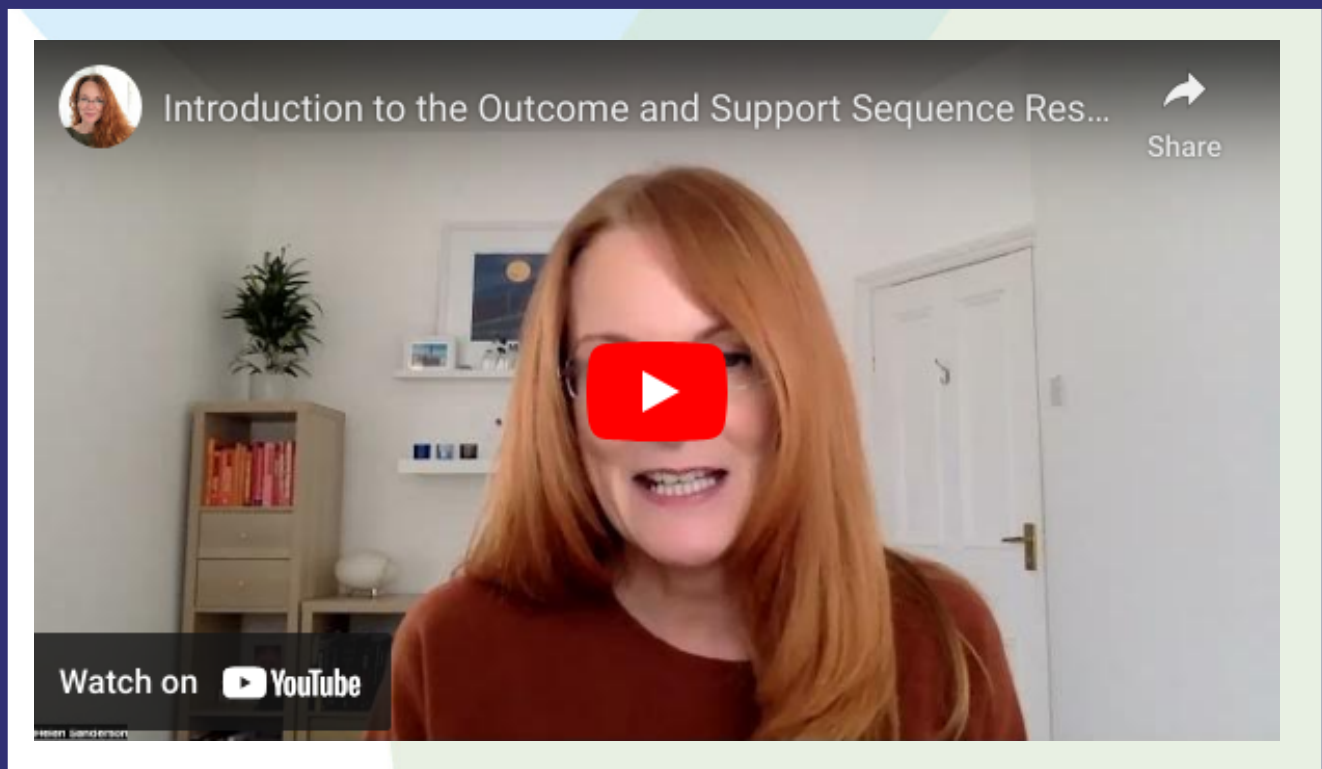# The Outcome and Support Sequence Induction Resource

Introduction

Welcome to our e-resource on the Outcome and Support Sequence.

We will be covering:
- What they are and why they matter
- Introducing The Outcome Sequence
- The Outcome Sequence in detail
- Introducing The Support Sequence
- The Support Sequence in detail
- Exploring the Outcome Sequence and Support Sequence in your life.

Please start by watching this short film

▶ ❚❚ **https://youtu.be/6i1f95EHAdE**

Please click the white YouTube link to view the film

Why the Outcome and Support Sequence Matter

Please watch this film which introduces why the Outcome and Support Sequence matter.

▶ ❚❚ https://youtu.be/7DpsgSWXxLM

Please click the white YouTube link to view the film

An Introduction to the Outcome Sequence

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Please watch this film which introduces the Outcome Sequence. You will find the steps of the sequence on the following page.

▶ ❚❚ https://youtu.be/wT4h8Snmz6g

Please click the white YouTube link to view the film

The Outcome Sequence

Step 1

What matters, who matters and where matters to the person (and aspirations where appropriate). What are the strengths, assets and qualities?

Step 2

What is working and not working now?

Step 3

What is the positive change you want to see?

(This could be either changing what is not working or moving towards an aspiration)

Step 4

Make this into a specific outcome.

Step 5

Now check it:

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 us closer to the person's positive change/aspiration?

Where there is assessed need, does the outcome meet it?

Is it in everyday language, and not expressed from a service perspective?

The outcome does not include a solution.

The Outcomes Sequence
Step by Step

Now let's look at each step in more detail. **Please watch this film.**

https://youtu.be/u3Xx4HYd7jU

Please Click the white YouTube link to view the film
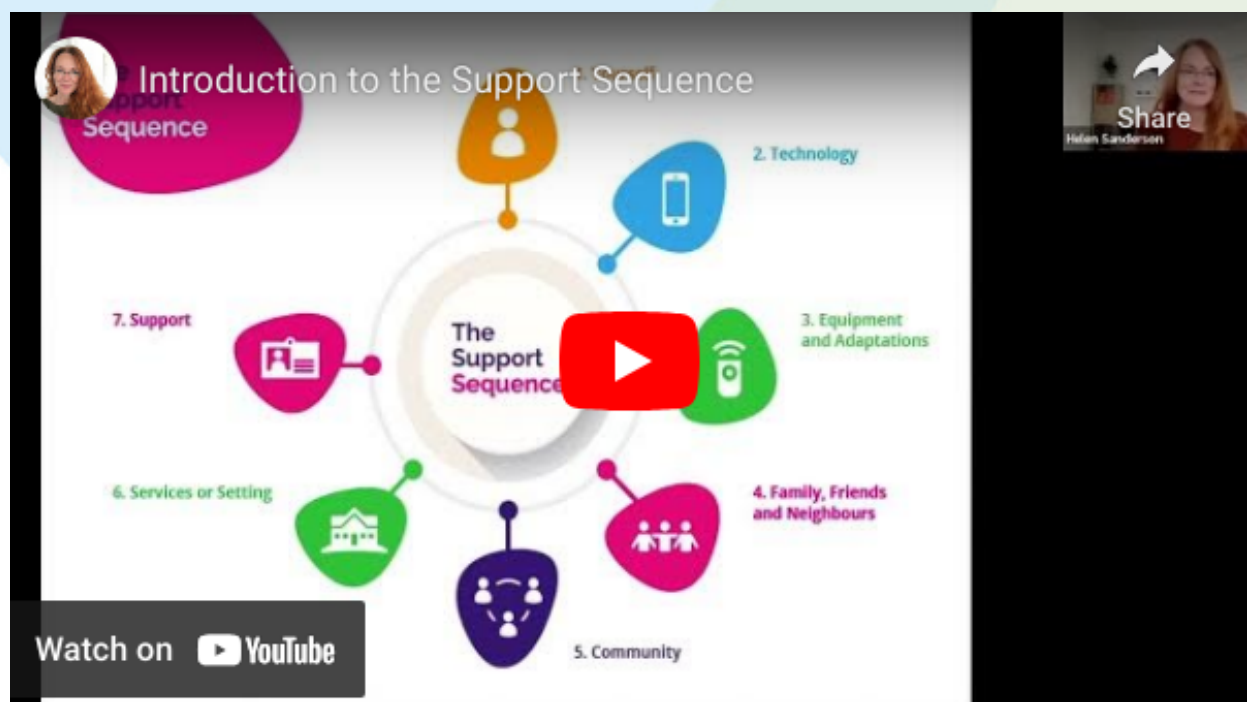
Moving From Outcome to the Support Sequence

Once you have your outcome, you can use the Support Sequence to generate possibilities.

Please watch this film on an introduction to the Support Sequence.

A graphic of the Support Sequence in detail is on the following page.

▶ ❚❚ https://youtu.be/STHZv4AOiaQ

Please Click the white YouTube link to view the film

The Support Sequence

Before you start:

What have you tried and learned already?

What ideas do you have?

Now let's look at the **Support Sequence** to generate other ideas...

1. Yourself

How can you build on the strengths and qualities that you already have?

What else could you do to improve your knowledge, skills or confidence?

2. Technology

Are there any apps or technology that could help?

3. Equipment and Adaptations

Are there any products or equipment that could help?

Are there any physical changes that could be made to your home or environment that could help?

4. Family, Friends and Neighbours

Is there anything that your family, friends or neighbours could help with?

5. Community

Are there places, groups or events happening in your community that could help?

6. Services or Setting

For young people
What could your school or college do to help? What is available in the local offer?

For adults
Are there any general health or social services that could help? What is available through universal services?

7. Support

For young people
Could additional specialist support help?

For adults
Could you organise support that could help? If you already have a provider, is there anything they could do/do differently?

The Support Sequence

The 7 steps of the Support Sequence

Let's look at the 7 steps in more detail. **Please watch this film.**
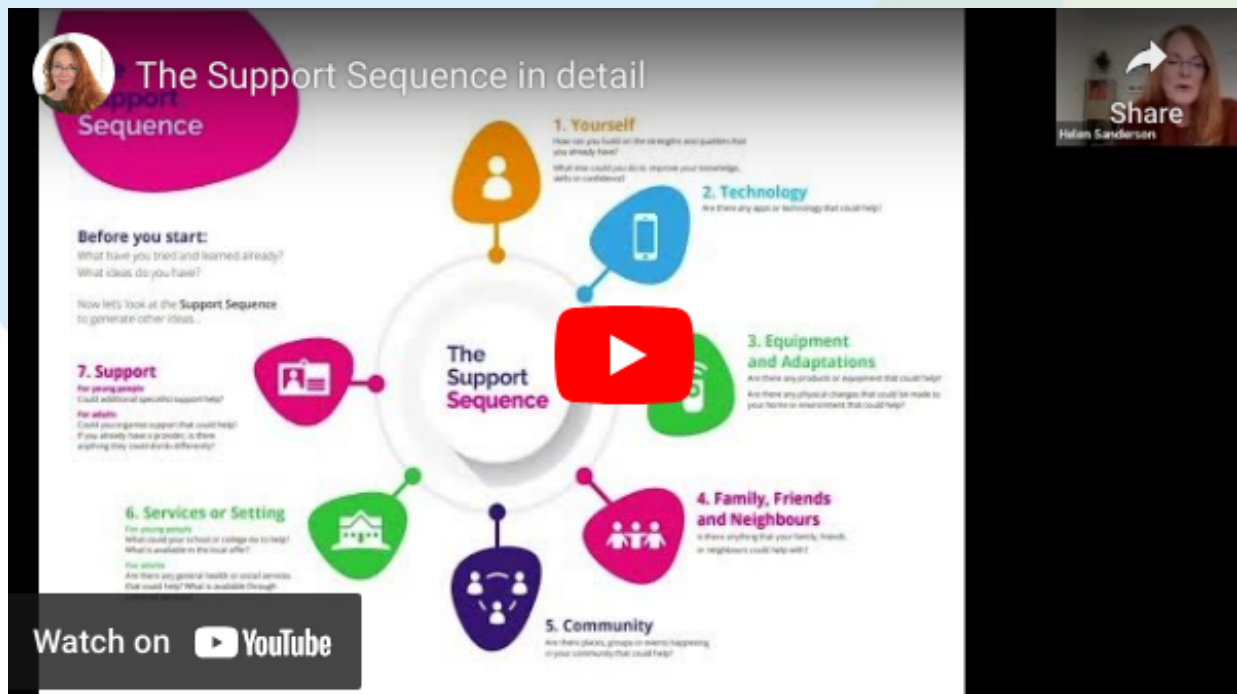
▶ ❚❚ https://youtu.be/I1aw0aJgD_I

Please Click the white YouTube link to view the film

Exploring the Outcome Sequence and Support Sequence in your life.

The final part of this resource is to have a go at using the Outcome Sequence and then the Support Sequence.

Step 1 of the Outcome Sequence is understanding what matters.

Please answer these 6 questions to start to describe what matters to you.

Who are the most important people in your life?

What would be your best and worst day?

Exploring the Outcome Sequence and Support Sequence in your life.

What do you usually do during weekday evenings?

What makes you feel better when you are stressed, unhappy or upset?

Exploring the Outcome Sequence and Support Sequence in your life.

What would you never leave home without (in your bag or pockets)?

What would your family or best friend say that they love and admire about you?

Exploring the Outcome Sequence and Support Sequence in your life.

What is working and not working in your life right now?
Now that you have used the 6 questions to reflect on what matters to you, let's go to Step 2 of the Outcome Sequence, and look at what is working and not working in your life.

What is Working?   **What is Not Working?**

Exploring the Outcome Sequence and Support Sequence in your life.

Now that you have considered what is working and not working in your life.

Please identify one thing you want to change, that could become an outcome for you.

Given what is not working in your life, what is one thing that you would like to change?

Using the Support Sequence to create options for you to consider

Next we will look at how to use the Support Sequence to generate ideas for you to make the change you want to make, your outcome.

Please watch this film with an example of how to do this.

▶ ❚❚ https://youtu.be/YNnsKLfIreA

Please Click the white YouTube link to view the film

The Support Sequence

Using the support sequence in your life

1. Yourself

2. Technology

3. Equipment and Adaptations

4. Family, Friends and Neighbours

5. Community

6. Services or Setting

7. Support

The Support Sequence

Using the Support Sequence to create options to consider

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My Ideas

Yourself

Technology

Equipment and Adaptations

Using the Support Sequence to create options to consider

Please answer these 7 sections of the Support Sequence with your ideas for each section.

My Ideas

Family, Friends and Neighbours

Community

Services or

Setting

Support

Using the support sequence to create options for you to consider

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Now that you have considered a range of ways to achieve your outcome and make the change you want to change, which ones would you consider trying?

Please list your top three possibilities to try here:

1

2

3

You have now completed our e-resource on the Outcome and Support Sequence.

To get the most benefit from this, you can review what you have learned and share your example with a colleague or your manager.

For more information on the full training on the Outcome and Support Sequence, please contact:

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