

Quality of Life Conversations – the Personal Outcomes Scale (POS)



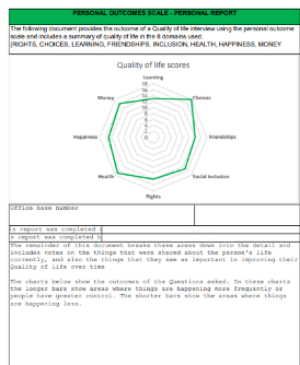
We think it is important to chat with people with a learning disability about their lives.



Chatting about our lives means that other people know what we like and what we do not like.



We want to get this right. It is important that we listen carefully to what you say.



We are chatting to people about their lives using questions.

We call this the “Quality of Life Conversation”.

We can also call it the “Personal Outcomes Scale”.

We can also call it the “POS”. They are all the same thing.

What does Quality of Life mean?



Quality of Life means how **healthy**, **satisfied** and **comfortable** you feel about your life. It is how happy you feel about the things and the people in your life.



Feeling **healthy** means if you feel mostly well or mostly ill. It can mean mental or emotional health.



Feeling **satisfied** means if you are happy with how things are going for you. It means if you are happy with what you already have or how life is now.



Feeling **comfortable** means if you feel safe. It means you have things that you like in your life.



There are parts of your life that might change how **healthy**, **satisfied**, or **comfortable** you feel.

Things that might change those are:



The things you can do without support from other people. This is called **Independence**.



If you are included in the choices and activities that you do in your life. This is called **Participation**.



How you feel in your body and in your mind. This is called **wellbeing**.



If you can make choices about what you do. This is called **control**.



If you have enough money to do the things you want to do and to pay for everything you need. This is called **financial wellbeing**.



If you can do the same things as the people who you see every day. This is called **social integration**.



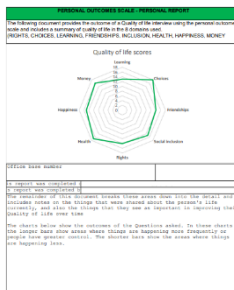
Your Quality of Life is about how you feel about all of these things.

What are the Quality of Life Conversations?



The Quality of Life **Conversations** are a chat with someone who knows how to use the Personal Outcomes Scale.

Conversation is another word for chat.



Remember: The Personal Outcomes Scale is another name for the Quality of Life Conversations



The person will listen to the things you say.



You will chat about your health and how you feel. This will be about the things that you do to feel healthy, like sleeping.



You will chat about your family and friends. This will be if you see them as much as you want to and who is important to you.



You will chat about how your money. This will be if you are happy with how much money you have.



You will chat about your home.



You will chat about the things you like.



You will chat about the things you do not like.



You will chat about if you have had a job.



You might chat about day groups and clubs.



You will chat about your local area and the people you live near. This can be about shops or day centres.



You will chat about things you want to do in the future.



If you don't want to chat about any of these things, you do not have to. You can say "No".



If you do not want to talk about something, we can ask someone else who knows you. They will chat with us and tell us what you like.

Where are the Quality of Life Conversations from?



The Quality of Life Conversations were made by the University of Ghent. Ghent is in Belgium.



Remco Mostert is the name of the person who we talk to about the Quality of Life conversations. He works for the University of Ghent.

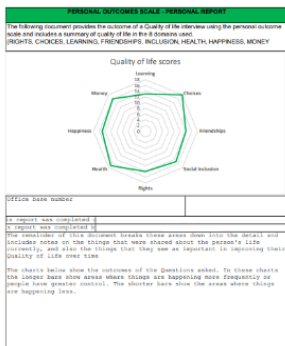


People at the University of Ghent worked with people with a learning disability to get the questions right.



We are working with **Remco** at the University of Ghent to make sure we get the Quality of Life Conversations right.

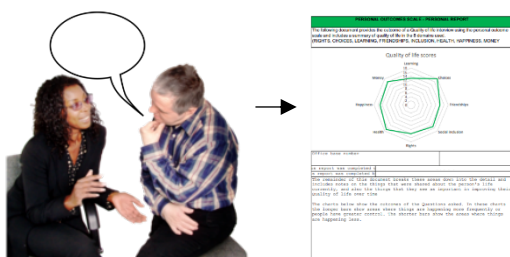
What happens after a Quality of Life Conversation?



After a Quality of Life Conversation a **report** will be made.



A **report** is writing about what you have said and done.



This **report** will be about what you said in the Quality of Life Conversation.

How will the Quality of Life Conversation be used?



The people supporting you will use your report to make your support plan better.



They will look at the things you said you like.



They will look at the things you said you do not like.



They will chat to you about if you want to do things differently. They will help you to do new things if you want to.



We will use your answers to help make life better for other people with a learning disability.



We will look at what is going well for people who live near you. We might ask support staff near you what is good.



We will look at what is not going well for people who live near you. We might ask other people in Mencap how to make this better.



If you want to ask more questions, you can email POS@mencap.org.uk.