

Examples of Worry Statements, Wellbeing Goals and Scaling Questions

All 'Worry Statements' must be paired with 'Wellbeing Goals' and 'Scaling Questions' as a way to measure progress and form the basis of next steps.

Worry Statement 1:

Kerry from One Point is worried that mam and dad are really finding it hard at the minute with Bobby and the behaviours that come with a diagnosis of Autism, they have talked about Bobby hitting and kicking them and sometimes they say things get so bad that they don't know what to do. Kerry worries that if we don't find a way to help mam, dad and Bobby at times like this when it is so upsetting and awful for all of them then we will end up with a situation where Bobby feels that the times he needs his mam and dad to keep him safe and 'manage' him they can't and this may increase the older and bigger he gets, this in turn will make mam and dad feel like they are letting him down and cause problems in all of their relationships.

Wellbeing Goal 1:

Kerry and everyone who is working with the family know that mam and dad are doing all they can to help Bobby and even when times are upsetting, they still keep going and asking for that help.

In order for Kerry and others to know that moving forward and in the future, Bobby, mam and dad are confident in the ways they manage difficult times; they need to see mam, dad and Bobby identify the people who they know best and can offer help when they need it. Mam and dad along with these people will come up with a plan that shows Bobby that even in the most trying times, mam and dad have strategies in place that work and people they can call on for help or reach out to, making Bobby feel that his parents are keeping him safe and know what to do to help him when he struggles.

Scaling Question 1:

On a scale of 0 – 10 where 10 means that mam and dad along with the people they have identified have a plan in place that's working, they can call on people when needed and they all have strategies that they can use, some days are better and some things work for longer or better than others, but everyone is confident that the family have all they need to move on in the future, everyone knows mam and dad are doing a grand job and Bobby knows this too.

And 0 means there is nothing in place that is working even just for a short period of time, mam and dad talk about not being able to get anything right and worry about the future and Bobby feels worried about this too.

Worry statement 2:

Nicola, Kieran's School Teacher, is worried that Carly and Jordan are not always giving the same message to Kieran. We are worried that Carly says Jordan lets Kieran get away with stuff when he is with him and this makes it hard for her when Kieran returns as he is cheeky and angry, Jordan says that he wants to enjoy his time with Kieran and doesn't want to always tell him off. Nicola is worried that if parents don't find a way of agreeing how to be parents to Kieran then he will grow up learning he can play one off against the other, it will affect how he is in school as he isn't getting the same message from his mam and dad so why should he listen to adults, this means that life for Kieran growing up may be hard as he will struggle to listen to rules, follow instructions and may end up getting himself in big trouble

Wellbeing Goal 2:

Nicola knows that both Carly and Jordan want the best for Kieran, she knows both of them know the other is a good parent and for Kieran they are his most important people in the world.

In order for Nicola not to be worried about the messages Kieran gets from his parents and how this might affect him in the future she needs Carly and Jordan along with some other people come up with a plan that shows even when they don't necessarily like or agree with each other they all give Kieran the same message, boundaries and routines. So that even when Kieran tries to play them off, like 10 year olds do, they stick to what they have agreed so that Kieran always knows which ever parent he is with he gets the same message.

Scaling Question 2:

On a scale of 0 – 10 where 10 is Carly and Jordan have an agreed plan in place and others who can help them with this that shows whether Kieran is at mam's or dad's he knows when he goes to bed, how long he has on the X-Box and ultimately that parents are in charge, yes, he might not like this at times but Jordan and Carly both stick to this. Carly says things are better at home and school say they aren't worried about Kieran's concentration at school.

And 0 means yes there are times when both Carly and Jordan stick to the plan but there are more times when they don't. Carly says things are getting worse at home when Kieran comes home from dad's and Jordan says he is sick of hearing Carly give him grief. Kieran's behaviour is getting worse for Carly at home and school talk about him not concentrating or looking tired most Mondays after he has been at dad's, they are also worried they are starting to see some of what Carly sees too.

Worry Statement 3:

Fiona, Parent Support Advisor, and the school are worried about Kyle's behaviour at home, school and in the community to the point that other people have complained about it. They worry because both mum and dad have said they don't know what to do at times and are frightened. They worry that he tries to hurt Cane and Katie and other children at school, by kicking and slapping them. Everyone is worried about some of the scary things Kyle has seen when he was little, and they worry about how much Kyle understands. Fiona and school feel that if things continue as they are with Kyle then he will grow up thinking it is ok to be aggressive to the people around him, like his dad was to his mum, and hurt people and make them feel sad and scared. Fiona worries that if mum, dad and other important adults can't find ways to help Kyle manage all of this, he may grow up feeling sad, lonely, scared and feeling like no one wants him, because he is 'bad' like his dad.

Wellbeing Goal 3:

For Fiona and school to be less worried about Kyle they need to see his network of important people to come up with a plan that shows he can have some positive and fun times with his friends, Katie and Cane as well as his friends at school. 'Fall outs' will happen like they do with all children, but Kyle can cope with these in a way that doesn't hurt or upset others and his network can help him with this.

Fiona would like the people who know Kyle the best and who he trusts, so mam, Peter, Granddad Barry, Gina and Auntie Laura are talking to Kyle about his worries and reminding him that they are the safe adults, exploring with Kyle how he feels when he is scared and understanding in a safe and reassuring way about the things he saw in his past.

Scaling Question 3:

On a scale of 0 – 10 where 10 means that Kyle has a group of friends who talk about enjoying time with Kyle, despite the usual fall outs and no one feels scared or gets hurt. Kyle has a good relationship with Cane and Katie and the family are talking more about the fun and positive times they have. The network has a plan to support Kyle and everyone is seeing that work.

And 0 means Kyle is struggling, the kids at school don't like being around him, Cane and Katie are getting hurt and mum and dad are talking more about just not coping. Kyle is angry at everyone and has no other strategies to cope other than to hurt. Everyone is worried about the future for Kyle