

## Outcomes Star

Here at Adopters for Adoption we offer various types of support to ensure that you have the opportunity to equip yourself with as much knowledge and resources as possible for you and your new family to start strong, and stay strong. One of the tools that we use is called Outcomes Star.

## What is Outcomes Star?

Outcomes Star is a range of evidence based tools used for measuring and supporting change within a family. These tools are called “Stars”, which in effect are a series of questions about where you feel you sit on a scale of 1–10 for various areas of life. Each friendly and accessible star covers the key outcome areas. You will periodically update your star, and the changes in your answers highlight your strengths and areas of learning, and over time will represent your journey of change,

It empowers you to measure the sustainable change that you make in your lives as a way of identifying what is needed to support you.

There are many Stars within Outcomes Star, and at Adopters for Adoption we use Family Star Plus.

## Introducing Family Star Plus

Family Star Plus focuses on 10 areas of life. These are:



All of our Social Workers are fully trained in Outcomes Star. Your supporting Social Worker will introduce Family Star Plus to you at the point of matching and introductions, and will work with you to revisit and update your Star regularly, right up until your Adoption Order is granted. This model will be a way of capturing your journey whilst outlining what help and support you need along the way.

