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Values-based progress assessment tool

On behalf of SENDCode CIC in
partnership with Collaboration Labs,
funded by x.

Introduction

- ❖ You can use this document on a computer using a PDF reader such as Adobe Acrobat or Preview.
- ❖ To learn about the values we will be exploring in this assessment, we have the following resources:
 - ❖ Electronic cards with short descriptions
<https://quizlet.com/ru/588263947/human-values-to-measure-my-success-flash-cards/>
 - ❖ Presentation with more detailed explanations
<https://docs.google.com/presentation/d/1VUhBOHGSbILG2jzS2Ur4b3bctFPwyQniR2tEu7A0CLk/edit#slide=id.p1>
 - ❖ BBC Digital Wellbeing report that forms the basis of the 'core human values' we are looking at
<https://www.bbc.co.uk/rd/projects/digital-wellbeing>
- ❖ This tool consists of four main sections:
 1. A first look at your starting point, or how you are now.
 2. Working out one or more goals you want to work on.
 3. Looking at it later to see how things have changed.
 4. Reflecting on the progress you've made.

Part 1: Starting point

Instructions for part 1

- ❖ Each of the areas of life is describe on one card. For each, you are asked to respond to three statements.
- ❖ General guidelines:
 - ❖ Don't worry about what people think you should want. Try to focus on what you actually want yourself.
 - ❖ For example, if you have only 1 or 2 friends but you don't feel the need for any more, you may be very satisfied.
 - ❖ It is ok to use bullet points, draw pictures, or paste things in.
- ❖ Free text box
 - ❖ This is so that you can write about how this applies in your life.
 - ❖ For example, for 'making an impact' you may include something you have made or work you have done.
- ❖ Things to think about box
 - ❖ Ideas for things you might want to consider when you're filling in this page
 - ❖ This is to help get you thinking; it is not every possibility.
 - ❖ It is ok if you answer 'no' to any of the prompts. Try writing about that in the box.

Being safe, well and comfortable

Mark on the line how important this is *to you* right now.

This aspect of life is important to me.

No, not at all.

The left end means it's not important at all and the right end means it's extremely important.

Yes, very much.

An example from my life

Write, draw, paste, etc.
one or more specific
things in your life on this
topic.

Things to think about

I have enough food, shelter, and
other basic requirements of life.

I am proud of my achievements.
I can manage my money.
I can manage my time.
I get enough exercise.
I have good hygiene.
There are reasonable adjustments
for me when needed.
I get enough sleep.

These are things that might
help you get thinking. You
don't have to agree with them
and you can use your own ideas.

Mark on the line about
how well it's going for
you right now.

I am satisfied with this aspect of my life.

No, not at all.

Yes, very much.

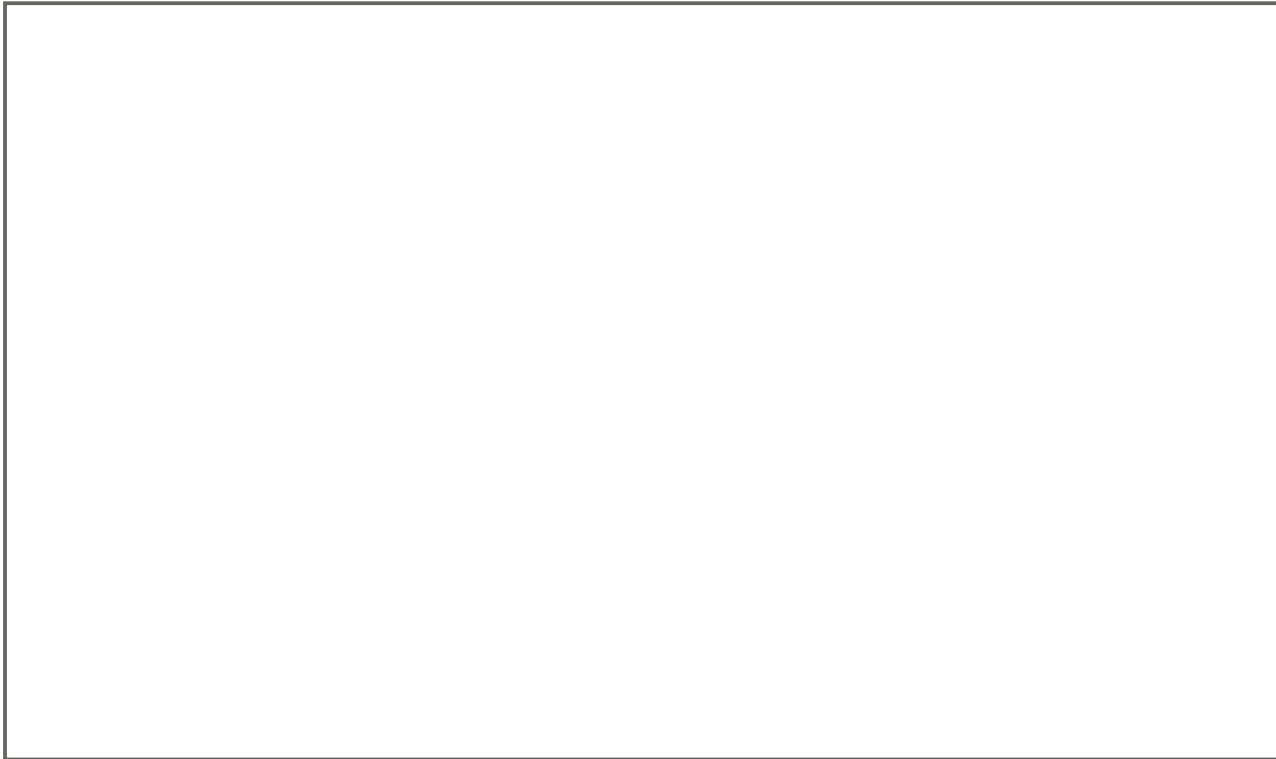
Being safe, well and comfortable

This aspect of life is important to me.

No, not at all.

Yes, very much.

An example from my life



Things to think about

I have enough food, shelter, and other basic requirements of life.

I am protected from sensory overload.

I can manage stressful situations.

I can meet my sensory needs.

I get enough exercise.

I have good hygiene.

There are reasonable adjustments for me when needed.

I get enough sleep.

I am satisfied with this aspect of my life.

No, not at all.

Yes, very much.

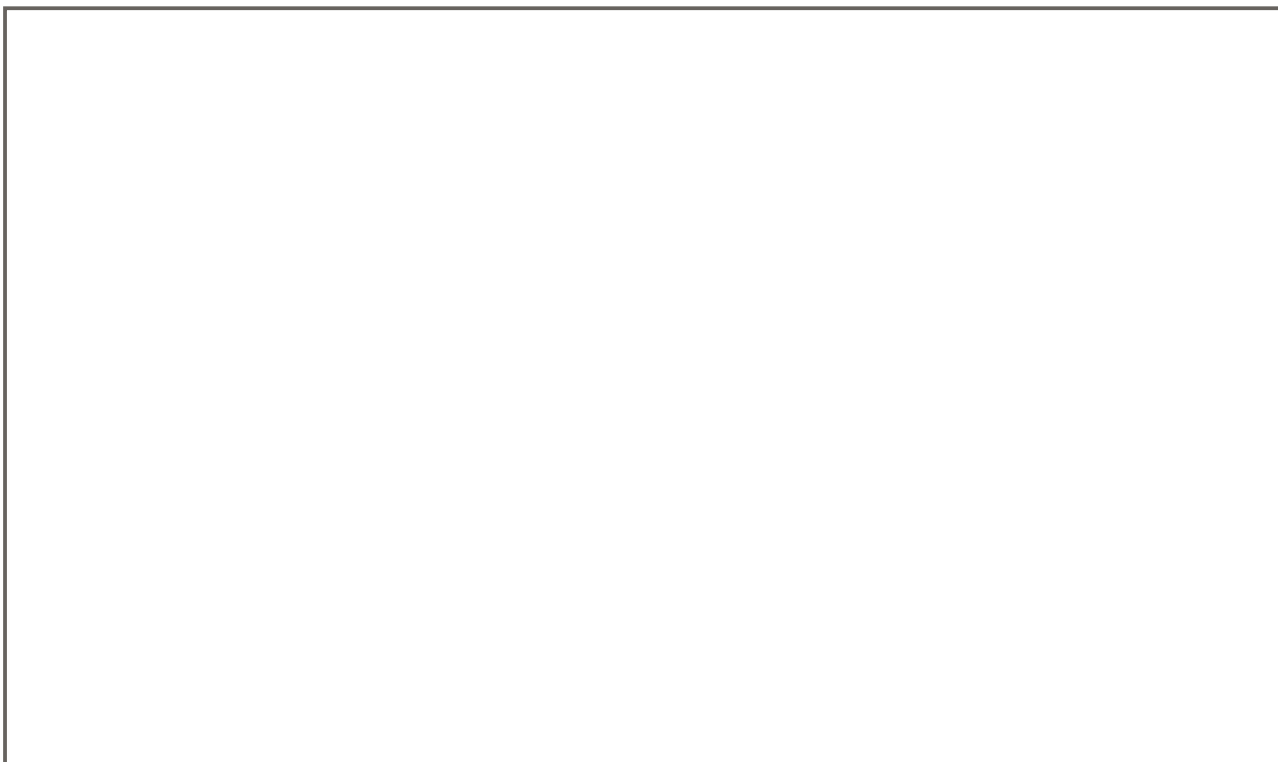
Having stability

This aspect of life is important to me.

No, not at all.

Yes, very much.

An example from my life



Things to think about

I can cope with the amount of change in my life.

I am worried about things that are coming up.

I worry about my needs being met.

I have enough support.

My relationships feel secure.

I am satisfied with this aspect of my life.

No, not at all.

Yes, very much.

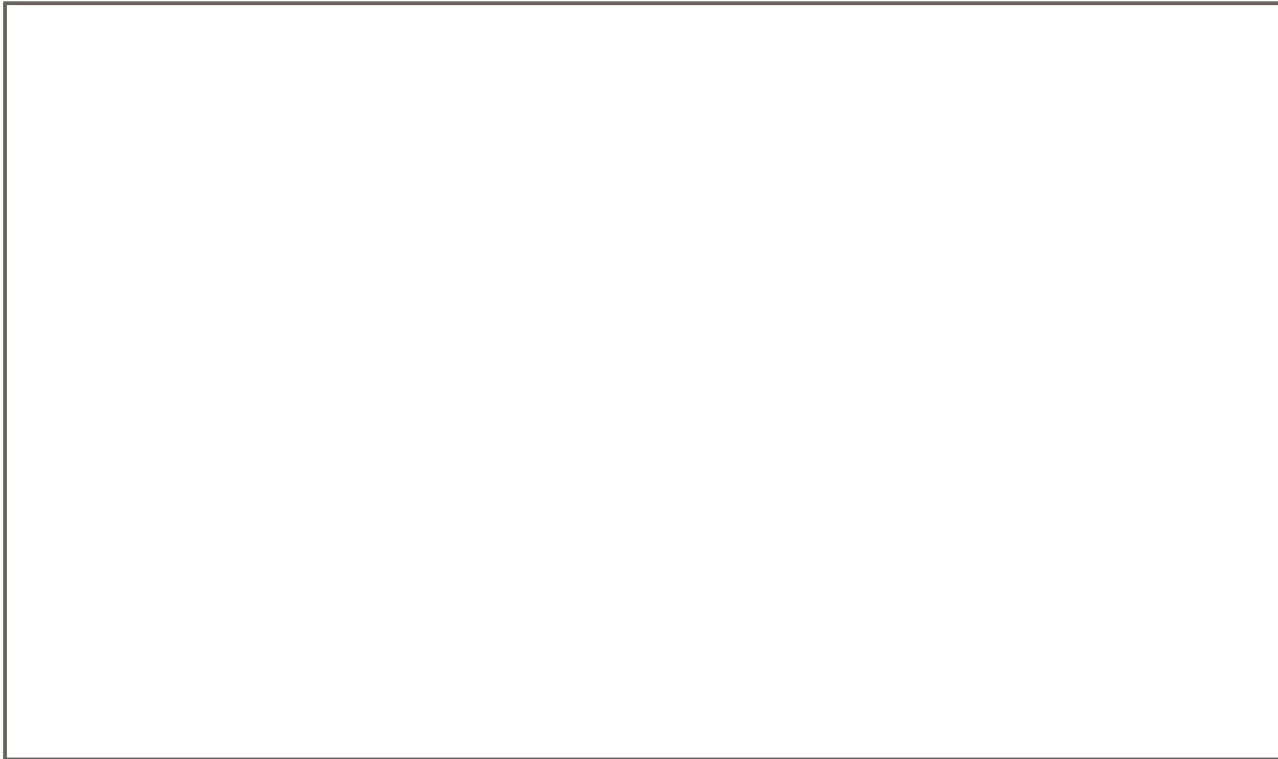
Understanding myself

This aspect of life is important to me.

No, not at all.

Yes, very much.

An example from my life



Things to think about

I have a positive neurodivergent identity.

I understand what I can expect to change and what I can't.

I feel understood and appreciated by others.

I can stand up for what I believe in.

I understand what I can expect to change about myself and what I can't.

I am proud of my individuality.

I understand my strengths and challenges.

I am satisfied with this aspect of my life.

No, not at all.

Yes, very much.

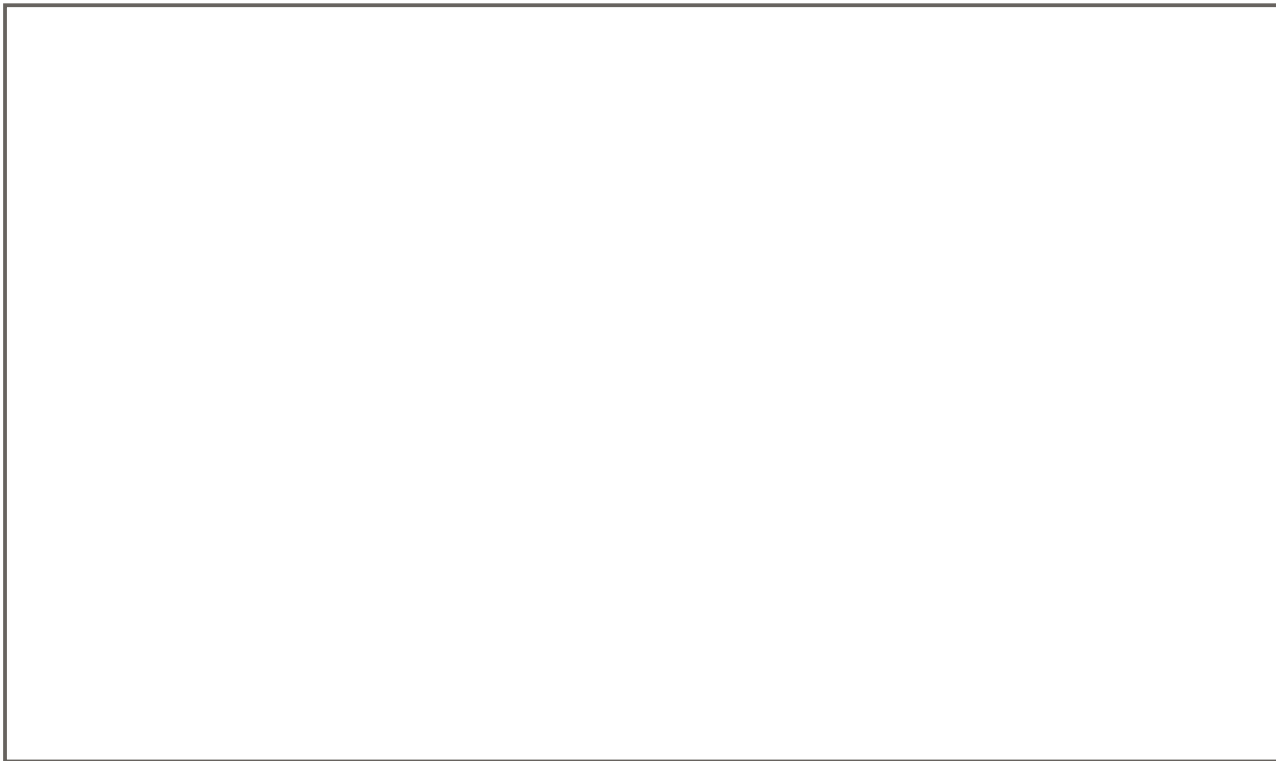
Being understood and accepted

This aspect of life is important to me.

No, not at all.

Yes, very much.

An example from my life



Things to think about

People in my life accept me for who I am.

I get the adjustments I need.

I have all the friends I want/need.

I have a supportive family structure.

I know people who just 'get me'.

I am bullied.

I know how to explain ND to NT people. And what adjustments I need.

I am comfortable with my personal development as I get older.

I am satisfied with this aspect of my life.

No, not at all.

Yes, very much.

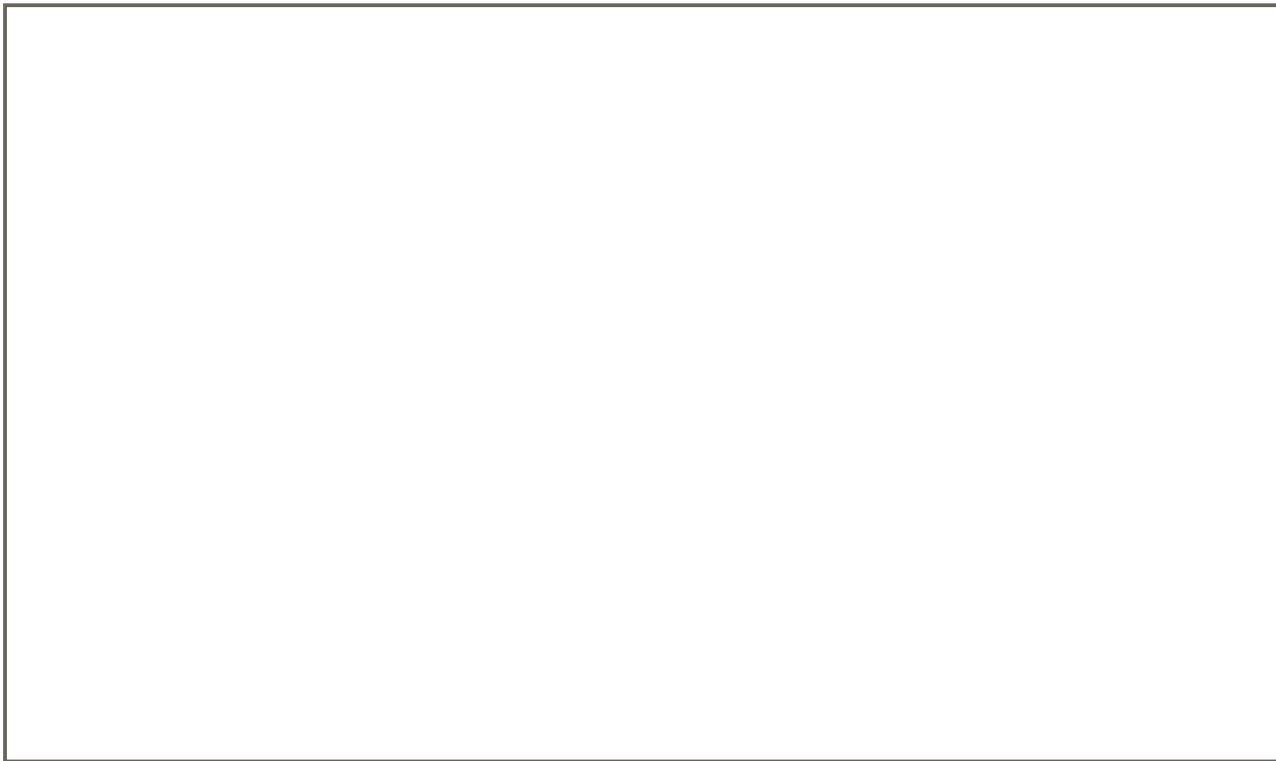
Communicating and expressing myself

This aspect of life is important to me.

No, not at all.

Yes, very much.

An example from my life



Things to think about

I am able to communicate my needs

I am able to communicate as much as I would like to about things that are important to me

I feel closed off.

I am afraid of what might happen if I express myself.

I am comfortable expressing my views (e.g. on social media).

I am satisfied with this aspect of my life.

No, not at all.

Yes, very much.

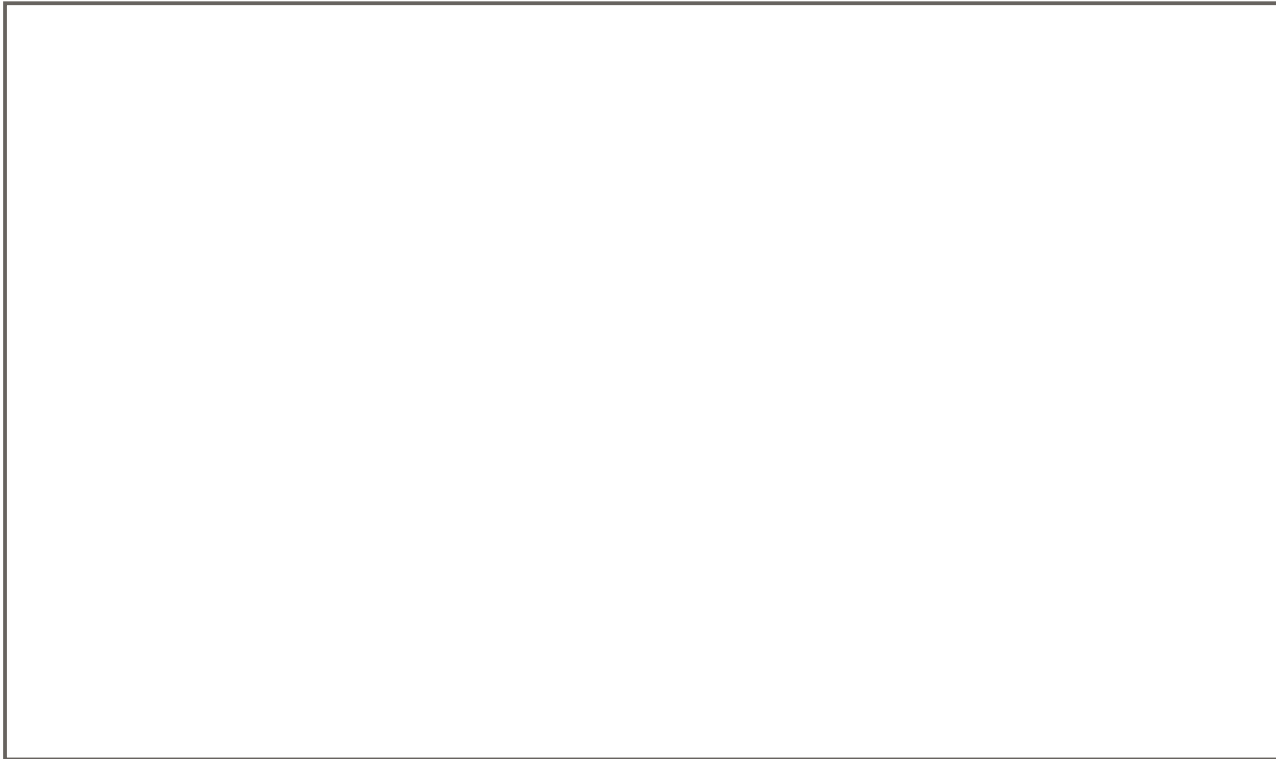
Making connections/relationships

This aspect of life is important to me.

No, not at all.

Yes, very much.

An example from my life



Things to think about

I have enough friends, close relationships and intimacy.

There is someone I can share my worries with.

I feel lonely.

I understand the social cues needed to build relationships.

There is someone I can have fun with.

I know other people like me.

I am satisfied with this aspect of my life.

No, not at all.

Yes, very much.

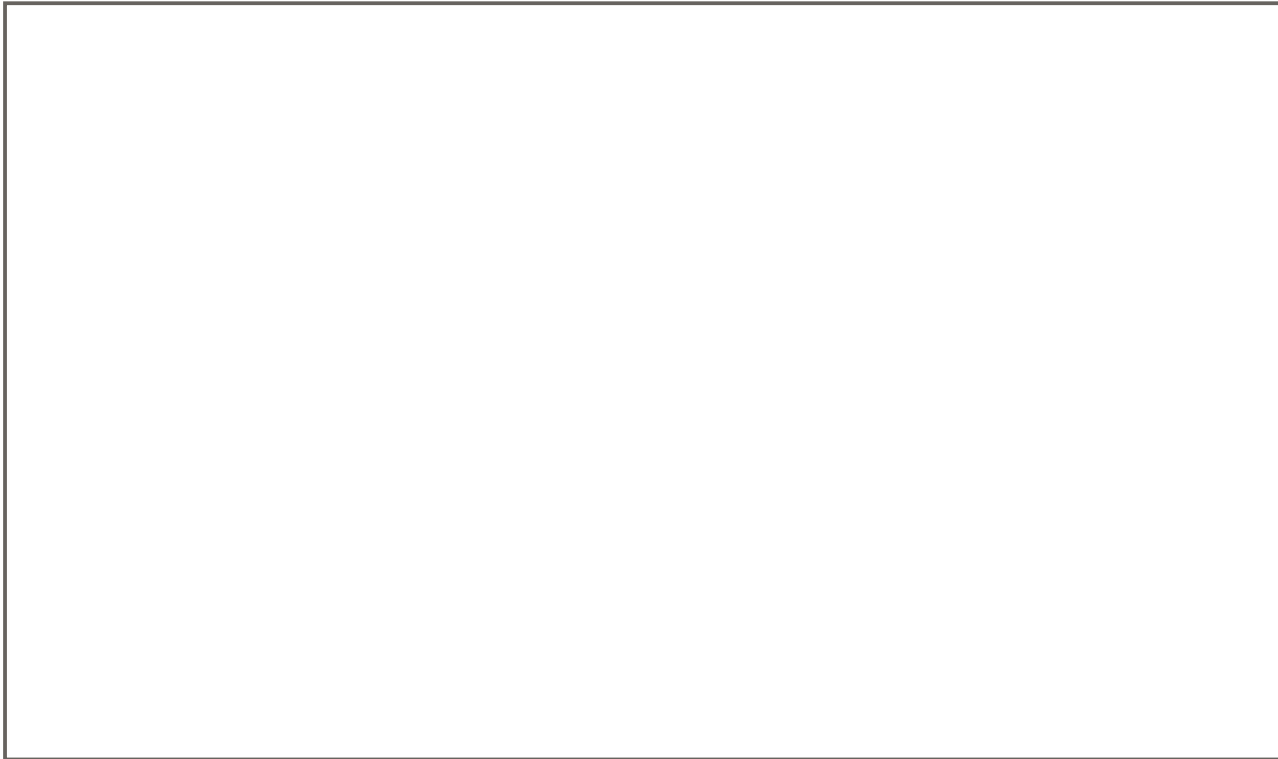
Having an impact on the world

This aspect of life is important to me.

No, not at all.

Yes, very much.

An example from my life



Things to think about

I produce things that I am proud of.

I make the world a better place.

I can interact with other people.

There are people who value me.

I can be productive.

I feel like there are positions
available for me in work.

I know how to vote and to find out
about my voting options.

I am satisfied with this aspect of my life.

No, not at all.

Yes, very much.

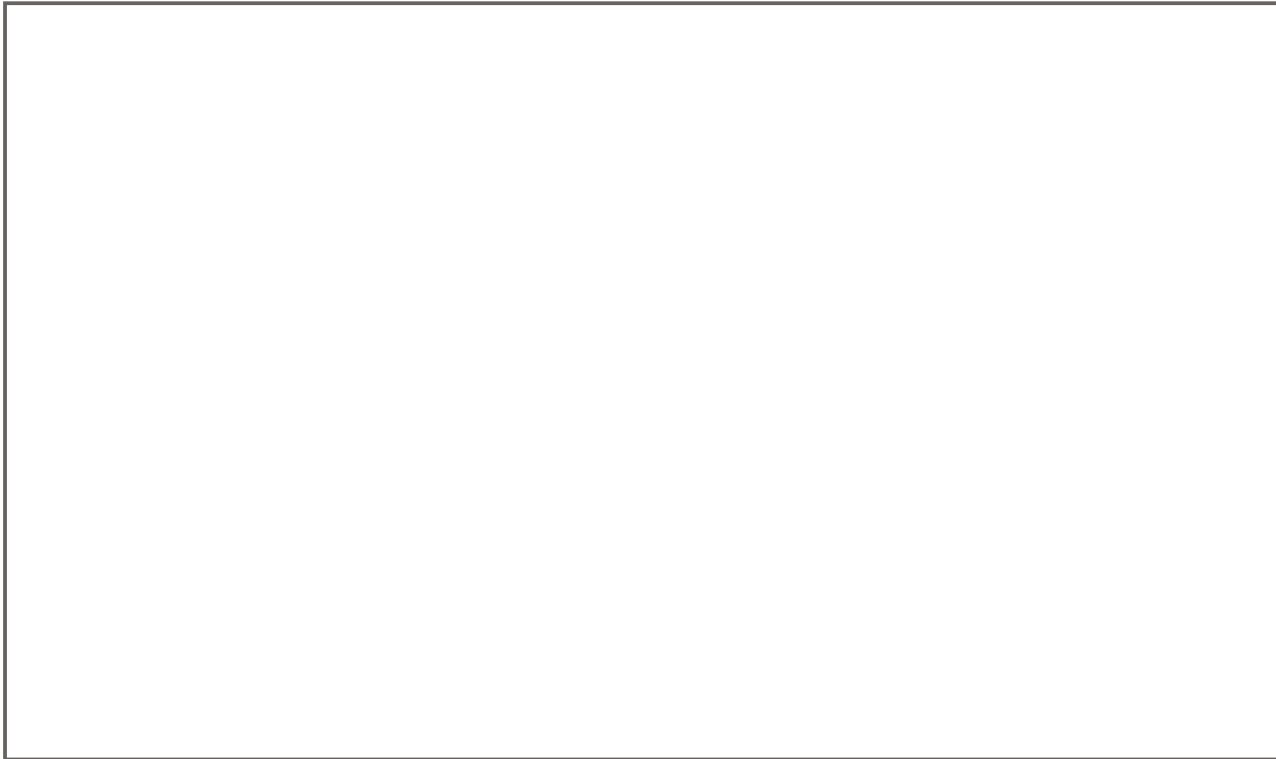
Accessing my community

This aspect of life is important to me.

No, not at all.

Yes, very much.

An example from my life



Things to think about

I can go to the places I need to.
I know how to handle common social situations.
I can travel on my own.
There are reasonable adjustments for me when needed.
I can go to activities I am interested in.
I feel like part of my community.
I can contact other people if I want to.
I can get help if there is a problem or crisis.
I can access services like banking and benefits.
I can go to activities I am interested in.

I am satisfied with this aspect of my life.

No, not at all.

Yes, very much.

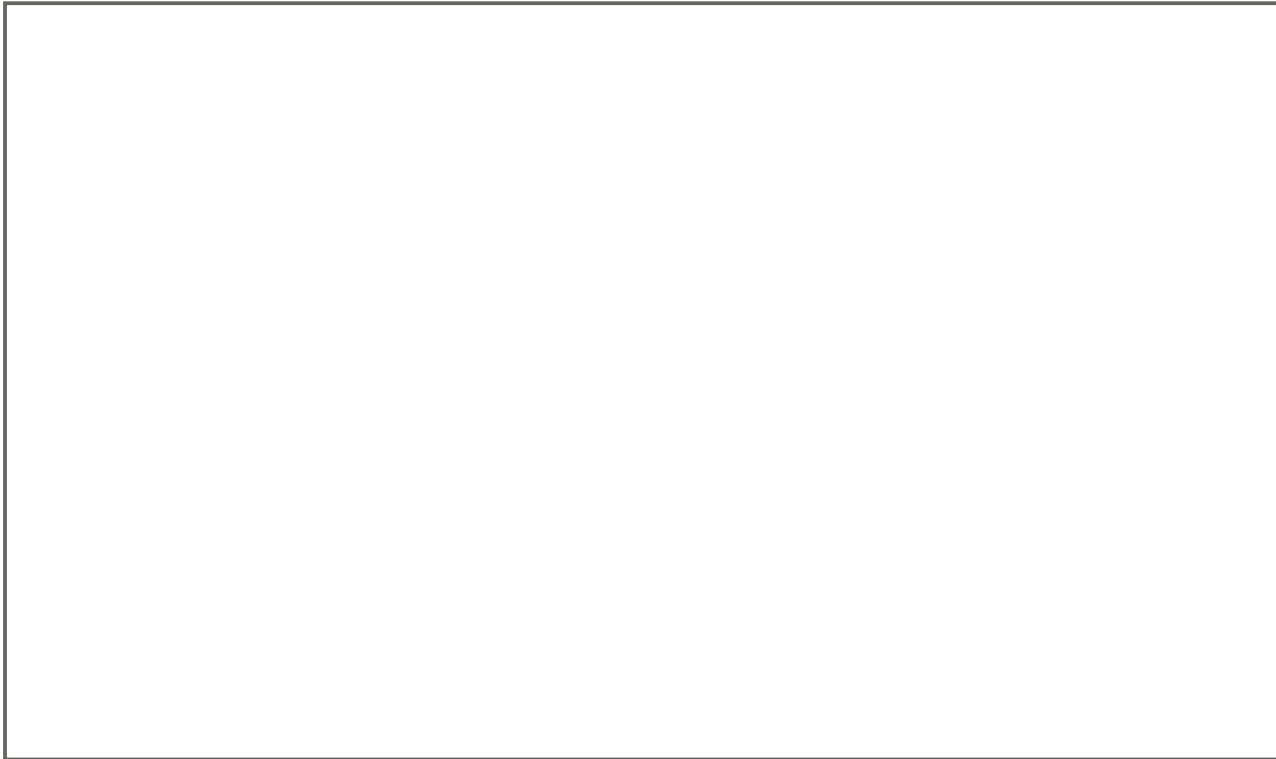
Pursuing interests, fun and pleasure

This aspect of life is important to me.

No, not at all.

Yes, very much.

An example from my life



Things to think about

I can enjoy pastimes (e.g. watching TV).

I have hobbies.

I like group activities with compatible others.

I enjoy making things.

I have people who want to hear about the things I know about.

I enjoy time on my own.

I am satisfied with this aspect of my life.

No, not at all.

Yes, very much.

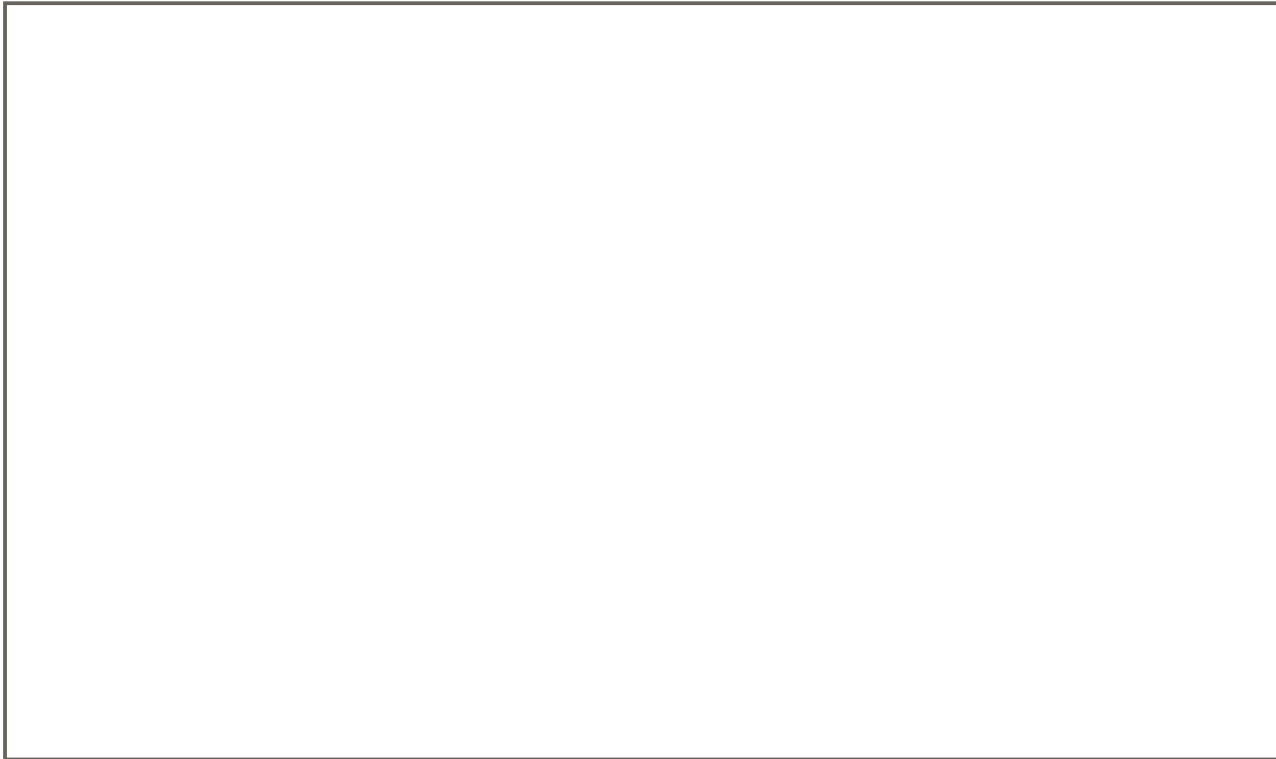
Growing, developing and learning

This aspect of life is important to me.

No, not at all.

Yes, very much.

An example from my life



Things to think about

I have plans for my future.

I have access to learning (by alternative means if school is inaccessible).

I have the skills needed to take advantage of job opportunities.

I have access to relevant work experience.

Employers and educators understand my ND needs.

I have relevant 'soft skills' like speaking to others, doing forms, etc.

I am satisfied with this aspect of my life.

No, not at all.

Yes, very much.

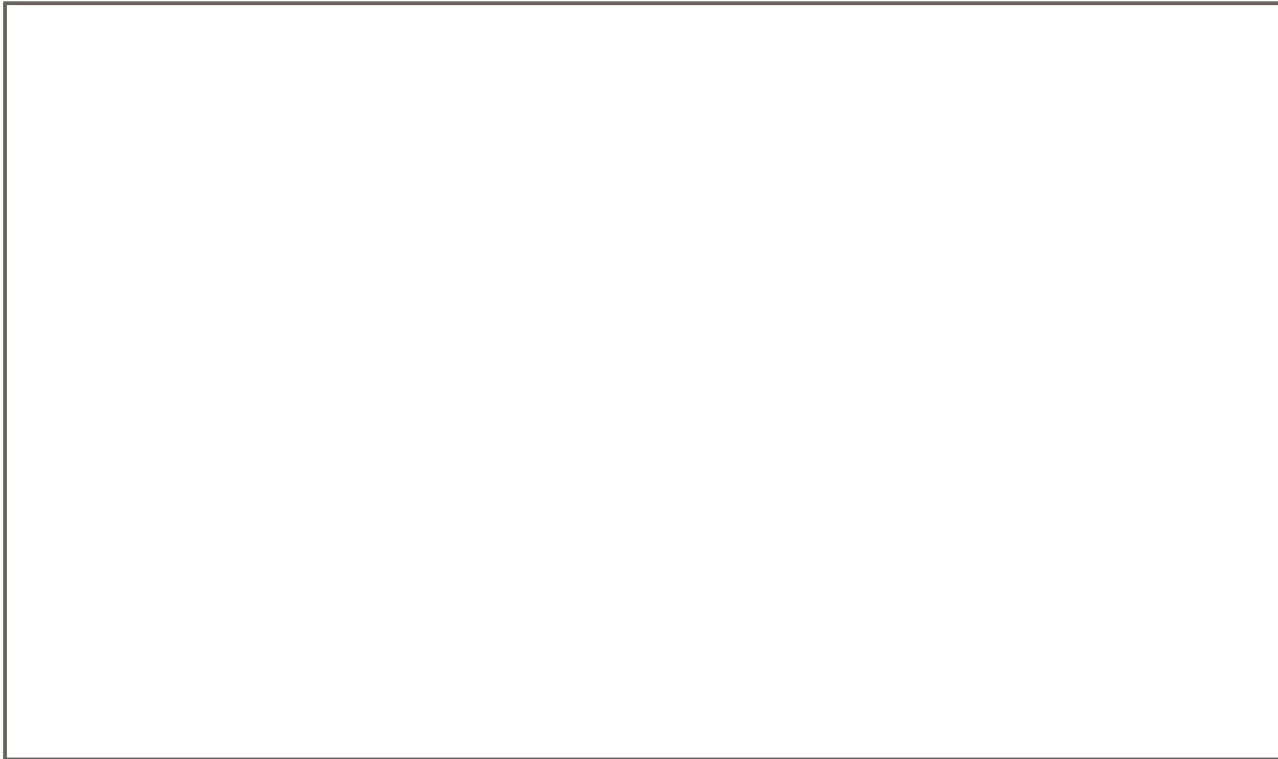
Having choice and control in my life (autonomy)

This aspect of life is important to me.

No, not at all.

Yes, very much.

An example from my life



Things to think about

People listen to what I say.

I can make decisions about my life

My decisions are respected, even when other people disagree.

I have choices about what I do with my time.

I can make decisions about how to spend my money.

I am satisfied with this aspect of my life.

No, not at all.

Yes, very much.

Part 2: My goals

Instructions for part 2

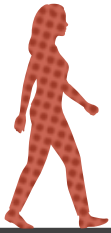
- ❖ Choose one or two of the areas you rated in part 1. Good choices are probably ones that scored highly for importance and low for satisfaction.
- ❖ On a goal card, write that area at the top.
 - ❖ Choose an image (optional) to represent your starting point and end point.
 - ❖ Mark the line where you feel like you are now in your progress from the start to end point.
 - ❖ Write down up to 4 of the next steps towards the goal. They don't have to be enough to get you all the way there, but they might be. Ask for help working out what some of the steps might be if you need it.
 - ❖ For each step, write what support you might need in order to achieve it.
 - ❖ For each step, write a date that you want to finish it by. If this is more than 3 months away, consider a shorter term goal that can be a step on the way.
 - ❖ When you have achieved that step, put a tick mark or an image of your choice in the 'done' box. Congratulations!

My specific goal in this area is:



Step	Support needed	When	Done!
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My specific goal in this area is:



Step	Support needed	When	Done!
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Part 3: My progress

Instructions for part 3

- ❖ This part is to go back to after you have done part 1 and some time has passed.
- ❖ For each of the same areas you thought about in part 1, consider how satisfied you are with it now and mark that on the line.
- ❖ Circle whether this aspect of your life has improved, got worse, or stayed about the same.
- ❖ Considering some of the things in the 'things to think about' box, and your own ideas, write down some of the reasons things may have got better or worse.

Being safe, well and comfortable

I am satisfied with this aspect of my life.

No, not at all.



Yes, very much.

This aspect of my life has:

Got better

Stayed the same

Got worse

What might have made it change:

Things to think about

Someone has helped me (e.g. SENDCode).

I figured something out.

I made a decision (and it went well / poorly).

I learnt something.

I finished something.

I have been well / unwell.

Having stability

I am satisfied with this aspect of my life.

No, not at all.



Yes, very much.

This aspect of my life has:

Got better

Stayed the same

Got worse

What might have made it change:

Things to think about

Someone has helped me (e.g. SENDCode).

I figured something out.

I made a decision (and it went well / poorly).

I learnt something.

I finished something.

I have been well / unwell.

Understanding myself

I am satisfied with this aspect of my life.

No, not at all.



Yes, very much.

This aspect of my life has:

Got better

Stayed the same

Got worse

What might have made it change:

Things to think about

Someone has helped me (e.g. SENDCode).

I figured something out.

I made a decision (and it went well / poorly).

I learnt something.

I finished something.

I have been well / unwell.

Being understood and accepted

I am satisfied with this aspect of my life.

No, not at all.



Yes, very much.

This aspect of my life has:

Got better

Stayed the same

Got worse

What might have made it change:

Things to think about

Someone has helped me (e.g. SENDCode).

I figured something out.

I made a decision (and it went well / poorly).

I learnt something.

I finished something.

I have been well / unwell.

Communicating and expressing myself

I am satisfied with this aspect of my life.

No, not at all.



Yes, very much.

This aspect of my life has:

Got better

Stayed the same

Got worse

What might have made it change:

Things to think about

Someone has helped me (e.g. SENDCode).

I figured something out.

I made a decision (and it went well / poorly).

I learnt something.

I finished something.

I have been well / unwell.

Making connections/relationships

I am satisfied with this aspect of my life.

No, not at all.



Yes, very much.

This aspect of my life has:

Got better

Stayed the same

Got worse

What might have made it change:

Things to think about

Someone has helped me (e.g. SENDCode).

I figured something out.

I made a decision (and it went well / poorly).

I learnt something.

I finished something.

I have been well / unwell.

Having an impact on the world

I am satisfied with this aspect of my life.

No, not at all.



Yes, very much.

This aspect of my life has:

Got better

Stayed the same

Got worse

What might have made it change:

Things to think about

Someone has helped me (e.g. SENDCode).

I figured something out.

I made a decision (and it went well / poorly).

I learnt something.

I finished something.

I have been well / unwell.

Accessing my community

I am satisfied with this aspect of my life.

No, not at all.



Yes, very much.

This aspect of my life has:

Got better

Stayed the same

Got worse

What might have made it change:

Things to think about

Someone has helped me (e.g. SENDCode).

I figured something out.

I made a decision (and it went well / poorly).

I learnt something.

I finished something.

I have been well / unwell.

Pursuing interests, fun and pleasure

I am satisfied with this aspect of my life.

No, not at all.



Yes, very much.

This aspect of my life has:

Got better

Stayed the same

Got worse

What might have made it change:

Things to think about

Someone has helped me (e.g. SENDCode).

I figured something out.

I made a decision (and it went well / poorly).

I learnt something.

I finished something.

I have been well / unwell.

Growing, developing and learning

I am satisfied with this aspect of my life.

No, not at all.



Yes, very much.

This aspect of my life has:

Got better

Stayed the same

Got worse

What might have made it change:

Things to think about

Someone has helped me (e.g. SENDCode).

I figured something out.

I made a decision (and it went well / poorly).

I learnt something.

I finished something.

I have been well / unwell.

Having choice and control in my life (autonomy)

I am satisfied with this aspect of my life.

No, not at all.



Yes, very much.

This aspect of my life has:

Got better

Stayed the same

Got worse

What might have made it change:

Things to think about

Someone has helped me (e.g. SENDCode).

I figured something out.

I made a decision (and it went well / poorly).

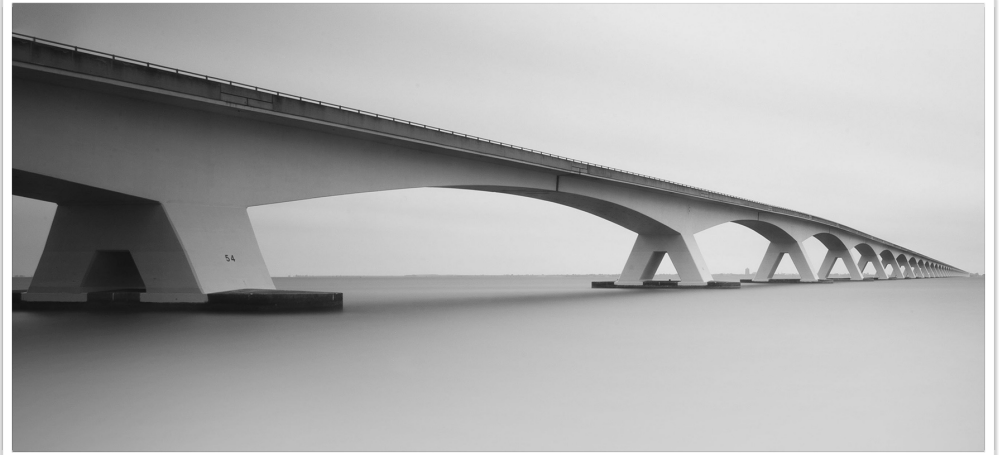
I learnt something.

I finished something.

I have been well / unwell.

Creative output

Use this space to add photos, screenshots, etc. of what you have made.



Part 4: Reflection

Instructions for part 4

- ❖ This part is for you to reflect on what has changed in your life and what impact this has for you.
- ❖ Consider the statements and tick those that are relevant to your life.
- ❖ Use the space to write about this part of your life, so you can look back on it and see how things change over time.

Reflections on changes in myself

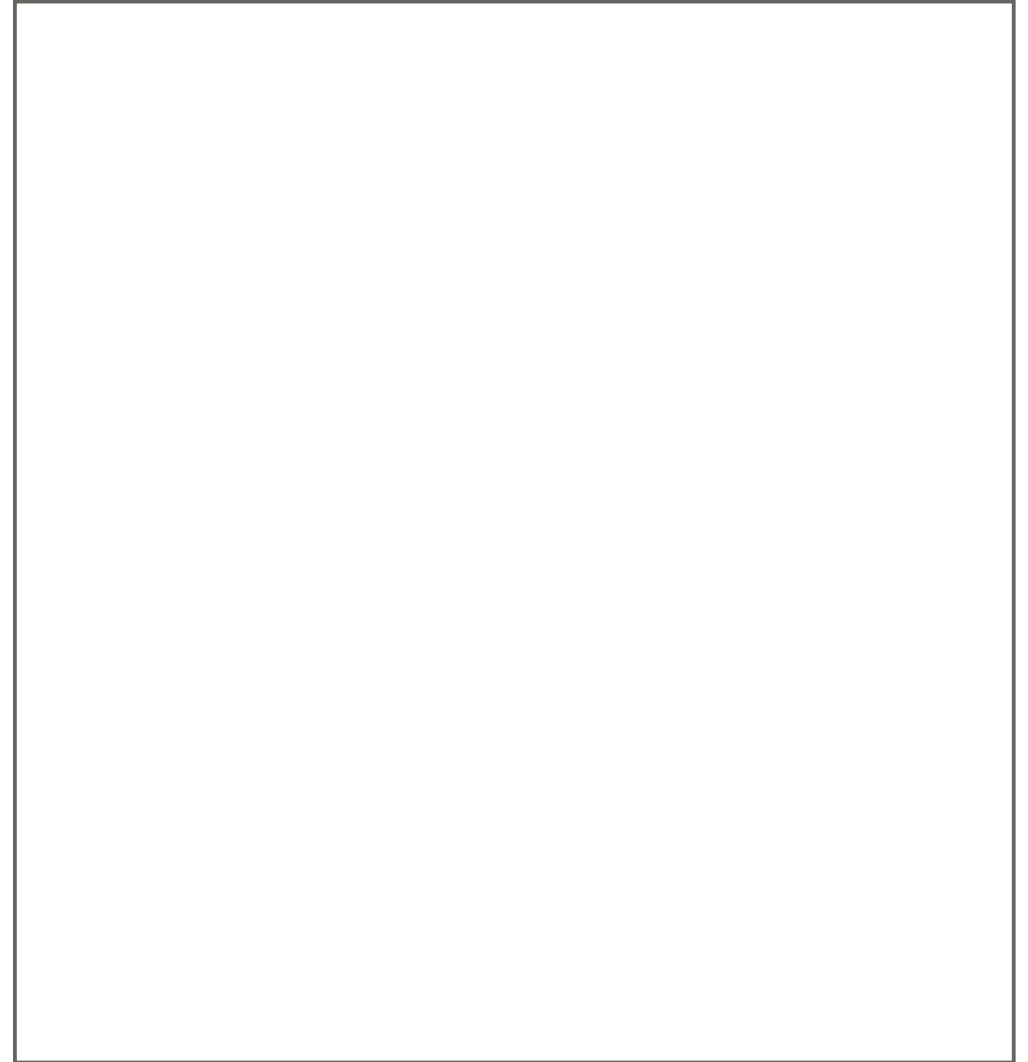
I have started to appreciate more small and simple things in life.

I feel empowered by realising that I have more choices in how I see my life situation.

I now feel more hopeful and see more opportunities ahead.

I am aware of what matters to me and how it can help me to decide on goals and priorities.

I redefined what is important for me in life.



Reflections on my view of the world

I have improved my relationships with my family and others.

I have experienced changes in ways of seeing my family, myself and the world.

I have enjoyed positive new experiences.

I recognise my contribution to my family, my community and the world.

I have expanded my world view.

