

Your practitioner might want to use PROM responses to develop a recovery focused care plan.

### Notes for the practitioner:

### Next steps, your goals.....

Try to set goals that are specific and based on things that are important to you.

Short term:

- 1,
- 2,
- 3,

Long term:

- 1,
- 2,
- 3,

Next time this will be reviewed:

### Other resources available...

# Hope, agency and opportunity

This questionnaire is a Patient Reported Outcome Measure (PROM). It has been co produced by service users and health care professionals at the Southern Health Recovery College.

The information you share will help us to develop our services to become more recovery focused.

When you've finished answering the questions, your health care professional will talk to you about your answers. This will support us to understand what's important to you and develop your care plan.

This document is yours to keep as a record of your recovery. You can also leave comments inside.

Service user name:

NHS number:

# Over the last week, please rate how much you have experienced a sense of.....

(Please tick)

## 1 Hope:

- Seeing a future for yourself
- Believing that difficulties in your life will get better
- Having things that you want to do

**Do you believe that you can live well, and pursue your aspirations and goals?**

## 2 Sense of control (Agency):

- Having choice and information about the support you receive
- Feeling that you are able to take control of difficulties in your life
- Knowing how to keep yourself well

**Do you have a sense of control over your life?**

## 3 Opportunity:

- Developing and supporting the things you are good at
- Supporting the roles that you already have e.g. family member, student, job role
- Having the chance to get involved in your local community

**Can you build a full and meaningful life of your choice, with opportunities to be part of wider society?**

## 4 Working relationships:

- Being listened to by health and social care professionals and people that support you
- Working together to build a care plan that fits you
- Feeling that people supporting you believe in your recovery

**Do your relationships with staff foster hope, agency and opportunity for recovery?**

Initial date:

none of  
the time  
0

rarely  
1

some of  
the time  
2

often  
3

all of  
the time  
4

Comments

Follow-up date:

none of  
the time  
0

rarely  
1

some of  
the time  
2

often  
3

all of  
the time  
4

Comments