

# Star Chart

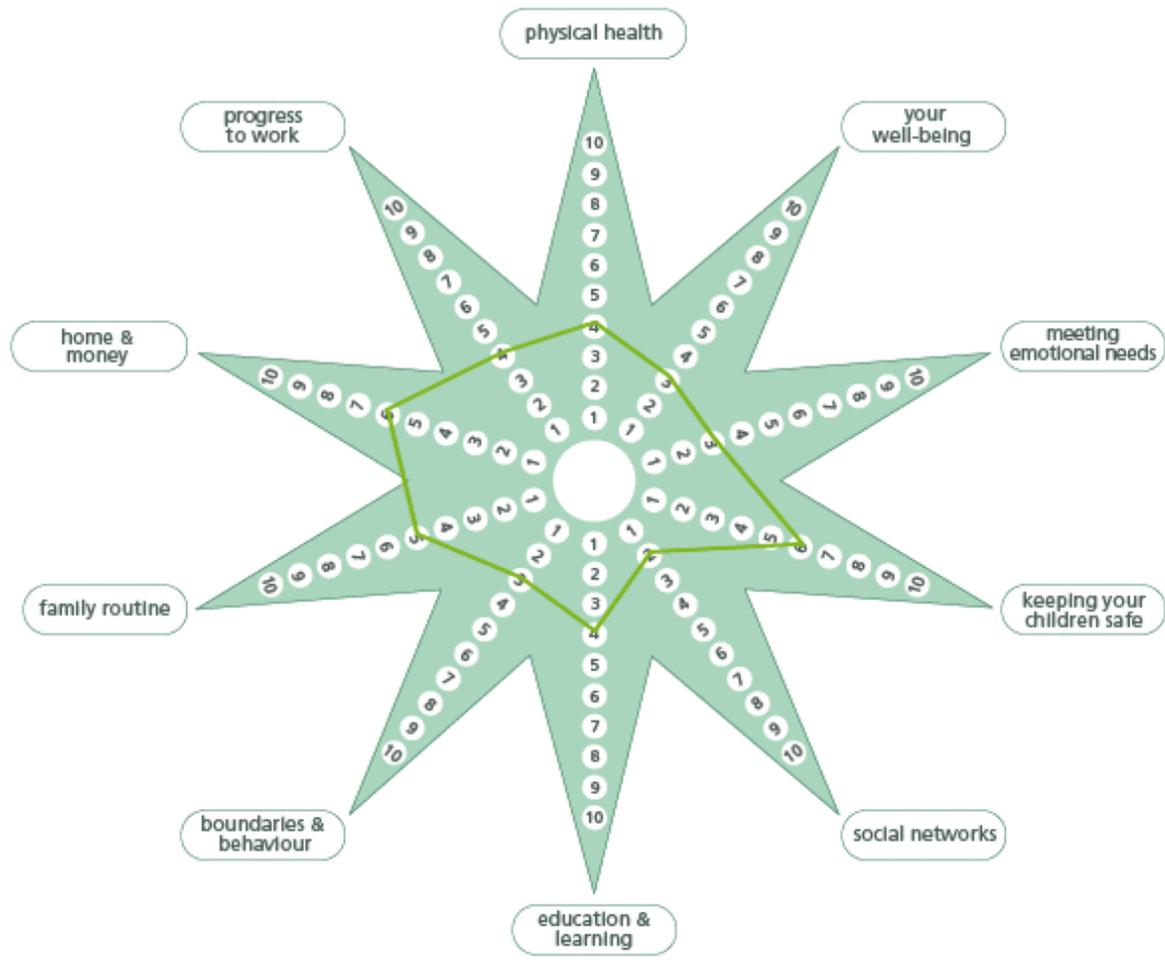
Client:

Worker:

Completed by:

Date completed:

Retrospective:



Client: I was involved in completing this Star Chart \_\_\_\_\_

## Star Notes

### Physical health

Emma feels her emotional state is affecting her health and that of the children. they are eating a large number of ready meals as Emma is struggling to feel motivated to cook meals , breakfast is often skipped and they eat take -away about 4 times a week . She feels constantly tired and has headaches most days.

Emma didn't feel she needed to see a doctor until now but by discussing how low she feels she thinks she ought to go.

### Your well-being

Emma talked about feeling very low. she was tearful during our meeting and when completing this star. Emma described herself as having mood swings from very low and just wanting to stay in bed to being angry and having outbursts especially with Tommy when his behaviour is challenging.

she hasn't as yet spoken to her GP but now agrees this would be a good idea.

### Meeting emotional needs

Emma is worried that she is arguing with Lauren most of the time. Emma thinks Lauren is a typical moody teenager and selfish, she knows money is tight but continually keeps asking for new clothes and a new phone. Emma then gets angry with her and everything ends up in a row. Emma then sees Tommy getting upset and angry when he hears them arguing.

Emma feels guilty that she isn't spending much time with the children as she is either crying or in bed. Emma talks about when she used to play with the children , read them bedtime stories and love bath time, but since loosing her job she feels she's not coping and is now thinking her low mood is affecting the children's behaviour.

school are concerned about Lauren her behaviour is becoming disruptive , however Emma hasn't really spoken to the school as she has left Paul to deal with it.

Tommy's pre-school have also reported his behaviour has deteriorated , they have tried to speak to Emma but Emma became upset and admitted she has just ignored this as she cant 'cope' at the moment with all these problems.

### Keeping your children safe

Emma said that Lauren as been storming out of the house after a row, but she doesn't know where she is and has twice not come back until after 12am. Emma hasn't reported her missing when this has happened. she knows she needs to do this to keep her safe.

the home has stair gates and other safety equipment for the younger children. however Tommy did try

to use the kettle a few weeks ago when Emma was in bed , as he thought he would make a cup of tea for her. Emma has explained to him he mustn't do this and has put things out of reach .

## Social networks

Emma hasn't really been out of the house except to take Tommy to pre-school since loosing her job. Paul is her main support and tries to help with bills, shopping and generally around the house. But as he works shifts and has quiet a bit of overtime in the next few months he won't be able to help as much.

although Lauren is living with Paul she is staying most week nights with Emma due to his shift pattern.

Emma hasn't gone to baby clinic for a while with Carla and has stopped going to the children centre and toddler group.

## Education and learning

school and pre-school was good , but Emma feels that since loosing her job everything is going wrong. Lauren's attendance is dropping and Paul has had a letter from the school. if Emma has been tired in the morning Tommy has missed some of his pre-school sessions.

Lauren's grades are also dropping.

## Boundaries and behaviour

Tommy's behaviour is really difficult to deal with. he is having big temper tantrums and has lashed out at her and once at Carla.

bedtimes are becoming a battle as Tommy refuses to go to bed and is keeping Carla awake and it all becomes too much and stressful.

pre-school are saying Tommy is becoming aggressive towards the other children and has sworn at staff.

## Family routine

Emma is trying to put the routine back in place when she was working, but she is struggling to be consistent with this as she feels so tired all the time.

tommy has a bedtime of 7.30 but due to his behaviour she often cant get him settled until 9-9.30. sometimes when Tommy is kicking off she doesn't always get to bath him as Emma cant face another battle.

Emma is finding she is sleeping in and if its very late Tommy misses pre-school.

mealtimes have also changed as they are having take away mostly.

## Home and money

since losing her job money has been tight. Paul has been helping out as much as possible and is doing overtime so he can help more. However Emma hasn't told him that she has missed 2 rent payments and has a catalogue debt of £1000.

This adding to the stress and she doesn't want to tell Paul.

The home is generally clean but has become a bit cluttered at the moment and the children's bedrooms are a bit messy with clothes and toys.

Emma has been looking for other work but it is proving difficult as she has no qualifications as left school at 16.

## Progress to work

Emma would really like to get another job but is finding it difficult as she has no qualifications. She feels stuck and doesn't know what to do to help her getting a job.

# Action Plan

Priority area from Star	Current score	Next steps	By who?	By when?	Completed (date)
Physical health	4	<p>Goal: To improve the families diet</p> <ol style="list-style-type: none"> <li>1) reduce the number of takeaways to maximum of 2 per week</li> <li>2) use breakfast menu ideas ( see separate sheet) to provide easy breakfasts for children</li> </ol>	Emma & Paul	10 Jun 2016	
Your well-being	3	<p>Goal: Emma to improve her mental health.</p> <ol style="list-style-type: none"> <li>1) to make and attend a GP appointment</li> <li>2) Emma to ask for support to attend appointment if she needs to</li> <li>3) Emma to take prescribed medication</li> <li>4) Emma to phone Healthy Minds</li> </ol>	Family Plus Training, Emma	3 Jun 2016	
Meeting emotional needs	3	<p>Goal: To regain the positive relationships with the children.</p> <ol style="list-style-type: none"> <li>1) Emma &amp; Lauren to some special time once a week</li> <li>2) Paul to support the special time by providing care for the younger children</li> <li>3) Emma, Paul &amp; Lauren to identify with support realistic things to do for special time</li> <li>4) Emma &amp; Tommy to have some special time once a week</li> <li>5) Lauren to be referred to Young Carers</li> </ol>	Family Plus Training, Emma, Paul & Lauren	24 Jun 2016	

Keeping your children safe	6	<p>goal: the safety of all the children to increase</p> <ol style="list-style-type: none"> <li>1) Paul, Emma &amp; Lauren to devise a safety plan with support of (worker)</li> <li>2) Lauren to use her time out space when feeling angry rather than leave the home ( as agreed in safety plan)</li> <li>3) Emma to allow Lauren time and space to calm down (as agreed of safety plan)</li> <li>4) Emma to ask for help if feeling unable to supervise children</li> </ol>	Paul, Emma, Lauren & worker	17 Jun 2016	
Boundaries and behaviour	3	<p>Goal: Emma to feel confident in managing to children's behaviour effectively</p> <ol style="list-style-type: none"> <li>1) Emma to attend behaviour group at the children's centre on Tuesdays</li> <li>2) Paul &amp; Emma to agree sanctions and rewards with children and be consistent with these</li> <li>3) Emma &amp; worker to make a visual timetable for Tommy's bedtime</li> <li>4) enrol on parenting course for next term</li> </ol>	Family Plus Training, Emma & Paul	30 Jun 2016	
Progress to work	4	<p>Goal: to develop skills to improve employment opportunities</p> <ol style="list-style-type: none"> <li>1) Emma to attend the 'Back to Work' course at the children's centre</li> <li>2) Carla to attend child-minders while Emma is on course</li> <li>3) worker to make application for BCCN</li> </ol>	Family Plus Training, Emma	8 Jul 2016	

Signatures:

Service user \_\_\_\_\_ Staff \_\_\_\_\_ Date \_\_\_\_\_