

Star Chart

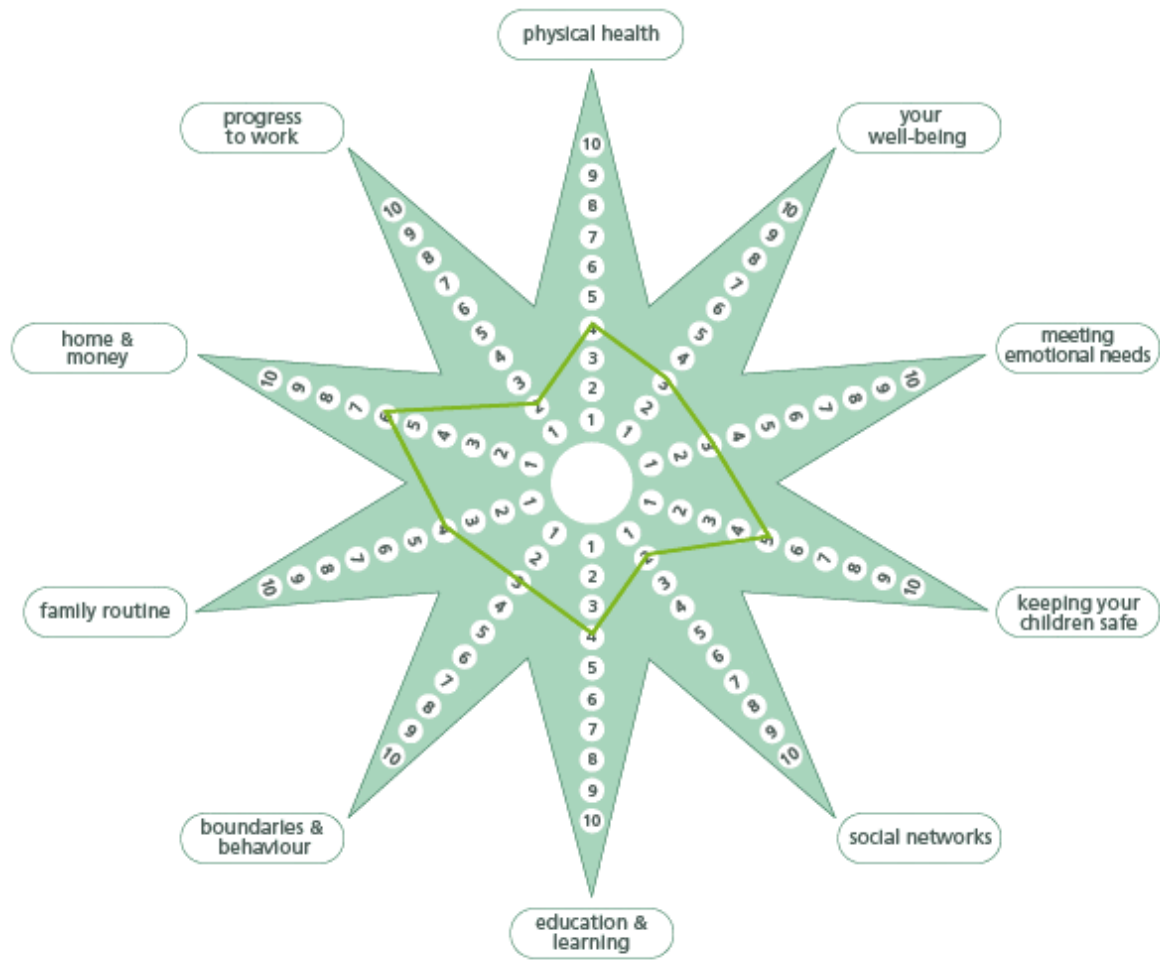
Client:

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 takeaways and ready meals as Emma is struggling to feel motivated to cook meals, breakfast is often skipped and they eat takeaway about 4 times a week. Emma feels constantly tired and has headaches most days.

Emma didn't feel she needed to see the doctor until now, but by discussing how she feels and her health she realises she now needs to make an appointment this week.

Your well-being

Emma talked about feeling 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 has agreed to make an appointment with her GP this week.

Meeting emotional needs

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

Emma feels guilty that she isn't spending much time with the children as she is either crying or on bed, so avoids spending time in case she makes things worse.

Emma talks about when she used to spend time playing with the children, reading bedtime stories and loved bath time, but since losing her job she feels she's not coping and is now thinking her low mood is affecting the children more than she thought.

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

Tommy's preschool have also reported his behaviour has deteriorated, they have tried to speak with Emma but Emma became upset and admitted she has just ignored this as she can't cope at the moment with all these problems.

Keeping your children safe

Emma said that Lauren has been storming out of the house after an argument, but she doesn't know where she goes and has twice come back after 12am. Emma hasn't reported her missing when this has happened, she knows she needs to know where she is and call the police to make sure she is safe.

The home has a stair gate 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'd make her a cup of tea. Emma became tearful at this point, she has explained to Tommy he mustn't do this and has now put things out of his reach.

Emma also feels her and Paul need to talk to Lauren about her running out of the house and where she goes.

Social networks

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

Although Lauren is supposed to be living at Paul's for a while 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's centre and toddler group.

Education and learning

School & preschool were good, but Emma feels that since losing her job everything is going wrong. Lauren's attendance is dropping and Paul has had a letter from school about this. If Emma has been tired in the morning Tommy has missed pre-school sessions.

Lauren's grades are also dropping.

Boundaries and behaviour

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

Bedtimes are becoming a battle as Tommy refuses to go to bed and this is keeping Carla awake and it all becomes too much and stressful. Pre-school are also reporting Tommy is becoming aggressive towards the other children and has sworn at staff.

Emma would really like some help with this as she worries that Tommy is getting worse and might really hurt Carla.

Family routine

Emma is trying to put a routine back in place. They had a good routine 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 can't get him to settle until 9-9.30.

Sometimes when Tommy is kicking off she doesn't get to bath him as she cant face another battle.

Lauren is often late getting up and has been late to school on a number of occasions.

mealtimes have also changed as Emma liked to prepare family meal previously but they mostly have takeaways and ready meals now.

Home and money

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

This is 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 she left school at 16.

Progress to work

Emma would really like to get another job but is finding it difficult. She feels a bit stuck and doesn't know what to do to help her to get a job. she's not sure if she is getting all the benefits she is entitled too.

Action Plan

Priority area from Star	Step	Goal and action	By who?	By when?	Completed (date)
Physical health	4	<p>Goal: to improve the families diet</p> <ol style="list-style-type: none"> 1) reduce the number of takeaways to the maximum of 2 per week. 2) use breakfast menu ideas (see separate sheet) to provide easy breakfasts for the children 	Emma & Paul	9 Jun 2017	
Your well-being	3	<p>Goal: Emma to improve her mental health.</p> <ol style="list-style-type: none"> 1) to make and attend appointment with GP 2) Emma to ask for support to attend the appointment if she would like support <p>(these may be on next action plan)</p> <ol style="list-style-type: none"> 3) Emma to take any prescribed medication 4) Emma to phone Healthy Minds 	Emma & family worker	7 Jun 2017	
Meeting emotional needs	3	<p>Goal: to regain the positive relationships with the children.</p> <ol style="list-style-type: none"> 1) Emma & Lauren to plan some special time once a week 2) Paul to support the special time by providing care for the younger children. 3) Emma, Paul & Lauren to make a list of realistic things to do at special time <p>(these might be for the next action plan)</p>	Emma, Paul & Lauren	30 Jun 2017	

Keeping your children safe	5	<p>4) Emma & Tommy to have some special time 1x week 5) Lauren to be referred to Young Carers.</p> <p>Goal: to increase the safety of all the children</p> <p>1) Paul, Emma & Lauren to devise a safety plan with the support of the family worker</p> <p>2) Lauren to use her time out space when feeling angry rather than leaving the house (as agreed on safety plan)</p> <p>3) Emma to allow Lauren space and time to calm down (as agreed on safety plan)</p> <p>4) Lauren to phone/text to let Emma and Paul know where she is.</p>	Emma,Paul & Lauren	30 Jun 2017	
Social networks	2	<p>Goal: For the whole family to improve and develop social networks</p> <p>1) funding to be explored for extra curricula activities for Lauren</p> <p>2) Lauren to decide what club she would like to do</p> <p>3) referral to young carers for Lauren (for next action plan)</p> <p>1) Emma to attend the local toddler group with Carla</p> <p>2) Emma to attend the family session with Carla and Tommy</p> <p>3) Paul to attend the dads club on a Saturday with Tommy</p>	Emma, Paul , Lauren & worker	21 Jul 2017	
Education and learning	4	<p>Goal :Lauren and Tommy attendance to improve</p> <p>1) Emma & Paul to arrange a rota for taking both children</p>	Emma & Paul	22 Jun 2017	

Boundaries and behaviour	3	to their schools (family routine actions are likely to support this)	Emma, Paul & worker	21 Jul 2017	
Family routine	4	Goal: Emma to feel confident in managing the children's behaviour. 1) Emma to attend behaviour group at the children's centre on Tuesdays 2) Paul & Emma to agree sanctions and rewards with the children and be consistent with these. 3) Emma & worker to make a visual rewards chart for Tommy's bedtime 4) Emma to enrol on a parenting course next term. Goal: to re establish good family routine that supports school attendance and improves behaviour 1) Emma, Paul and worker to explore a routine that will work for the whole family. 2) create a visual routine so the children are aware and have rewards 3) first step to create a good bedtime routine for all the children	Emma, Paul & worker	14 Jul 2017	
Home and money	6	Goal: for Emma and Paul to manage the debt and budget 1) appointment to made and attended with regard to benefits 2) referral to Bucks Floating Support to help with the rent arrears and debt management	Emma, Paul & worker	30 Jun 2017	

Home and money	6	<p>Goal: for Emma and Paul to manage the debt and budget</p> <p>1) appointment to made and attended with regard to benefits</p> <p>2) referral to Bucks Floating Support to help with the rent arrears and debt management</p>	Emma, Paul & worker	30 Jun 2017	
Progress to work	2	<p>(THIS IS NOT LIKELY TO BE ON THE 1ST ACTION PLAN)</p> <p>Goal: Emma to develop skills to improve her employment opportunities</p> <p>1) Emma to attend a Return to Work course at the children's centre</p> <p>2) Carla to attend Child-minder while Emma is on the course</p> <p>3) Family Worker to make application for funding for child-minder</p>	Emma & family worker	18 Aug 2017	

Signatures:

Service user _____ Staff _____ Date _____