

FLOURISH VALUES MODEL DIGITAL WELLBEING TOOL

The proposal

A simple, easy-to-use assessment tool to evaluate the wellbeing of any system. Based around the Flourish Values Model's Seven aspects of Wellbeing i.e. Security, Relationship, Independence, Engagement, Fulfilment, Contribution and Growth

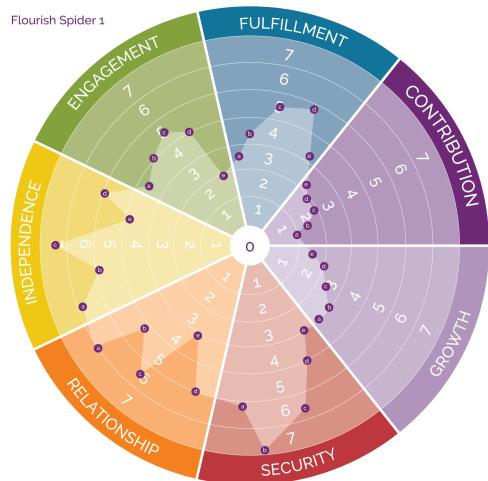
Personal Model: 7 sets of 5 simple questions exploring how the child or adult feels their wellbeing is being supported within the aspect – with the ability to add notes and suggestions. Can be undertaken by children, adults, communities and/or professionals, individually or in groups

Local Authority Model:

Provides a visually appealing graphic summary output with the ability to archive summaries to show progress over time.

Structures meaningful conversations on key issues

Promotes community engagement and identification of solutions



SAMPLE ADULT QUESTIONS

If your score is lower than 5 in any section please note in the boxes what changes you would like to personally make or types of support you would like to receive to improve your wellbeing.

Security

1. How safe and secure do you feel where you currently live?
2. Do you have enough to eat every week?
3. Do you have a healthy, balanced diet?
4. How healthy would you say you are?
5. Are you getting enough exercise?

Relationship

1. How loved and cared for do you currently feel?
2. Do you have strong family relationships?
3. Do you have a strong friendship group?
4. Are you able to spend time connecting with other people?
5. On a scale of 1-10 where 1 is the lowest and 10 the highest, how lonely do you feel?

Independence

1. Do you consider yourself as a strong, independent person?
2. Within your environment do you feel you are being supported in being as independent as possible?
3. Does your level of income currently support your basic needs?
4. Do local travel services enable you to access all the places that you want to go to?
5. Do you feel you can currently manage without the support of others?

Engagement

1. How happy do you currently feel on a day-to-day basis?
2. Are you able to spend time doing the things you are interested in/love?
3. Do you feel you can easily access information about local activities or learning opportunities?
4. Do you feel supported in being able to express yourself as a unique individual?
5. How involved do you feel you are in the artistic and creative life of your community?

Fulfilment

1. Would you say you have a sense of meaning and purpose in your life?
2. How well do you feel you are currently able to use your knowledge, skills and understanding?
3. What does your work/life balance currently look like?
4. How much time are you currently spending on doing the things you love?
5. How much does your life reflect who you really are?

Contribution

1. Do you currently feel that your thoughts and opinions matter to those around you?
2. Do you feel that you have a say in local decision-making?
3. How connected do you feel to your local community?
4. How well do you know your neighbours?
5. Do you feel that you are currently able to make a contribution to local life?

Growth

1. Do you have a strong belief system, religious or spiritual life?
2. Do you feel strongly about the future of the planet and future generations?
3. Are you able to spend time enjoying beauty and nature?
4. Do you feel supported in developing your inner life and sense of self?
5. Do you feel that a better world is possible?

