

ADFERIAD WELLBEING WHEEL INSTRUCTIONS

INSTRUCTIONS FOR STAFF: Please ensure all of the information below is filled out correctly.

Client name:			
Service name:		Service number:	
INITIAL ASSESSMENT			
Date:		Staff name:	
FOLLOW-UP ASSESSMENT			
Date:		Staff name:	

INSTRUCTIONS FOR CLIENT:

The Wellbeing Wheel is used to measure your level of **wellbeing** (e.g., how happy or satisfied you are) at different timepoints across 10 key life areas. For each of the life areas, **please circle the number which best describes your current level of wellbeing**. Once you have completed the wheel, please connect each of the points together. Life areas can be scored between 1 and 7, where 1 represents the worst level of wellbeing possible, and 7 represents the best level of wellbeing possible.



You may start anywhere you like on the wheel, but make sure you give a rating for each of the life areas and please answer as honestly as possible. If you are stuck or unsure, please refer to the scoring key above or ask a member of staff to help you. If you feel that an area does not apply to you, please leave the score blank and write N/A next to the life area label. Further guidance can be found in the Adferiad Wellbeing Wheel User Guide.

Once completed, please hand in your Wellbeing Wheel to a member of staff. They will store this document safely for you and you will be able to return to it at a later date. When revisiting the wheel, in order to tell scores apart, please make sure you use a different colour pen or pencil and include a key or include the data alongside each line.

ADFERIAD WELLBEING WHEEL

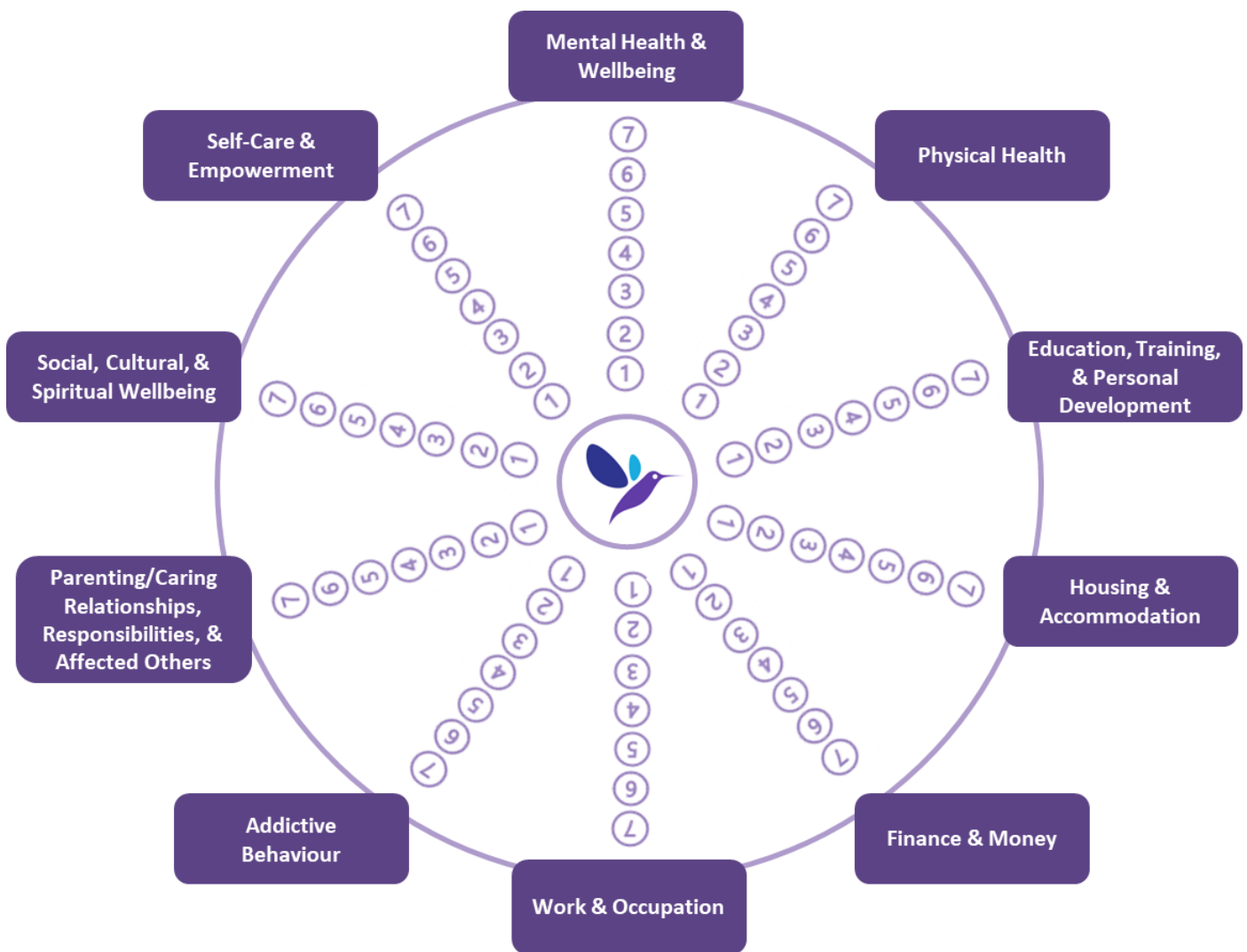
INSTRUCTIONS:

“If 1 is the worst it could be, and 7 is the best it could be, how would you rate your current level of wellbeing for each life area?”

Please circle the number which best represents your level of wellbeing for each of the areas and then connect each of these points together.

Please make sure to either fill out the key at the bottom of the page, or to include the date alongside your line, so that we are able to tell your scores apart.

Once you have completed the form, please return to a member of staff.



KEY	
Initial colour	
Follow-up colour	

TOTAL SCORE	
Initial Score	/70
Follow-up Score	/70