

SAMPLE

I·ROC

INDIVIDUAL RECOVERY OUTCOMES COUNTER

Questionnaire

Recovery

Penumbra believes, and statistics show, that people can and do recover from mental illness. Recovery means different things to different people because everybody is different.

Experiencing mental ill health brings many losses, which may include relationships, employment, self-esteem and hope. However, recovery doesn't only mean regaining what has been lost; it may mean a new start.

Recovery doesn't necessarily mean being 'cured' or living without medication or support. It does mean being in charge of your own life, with real choices under your control.

Recovery offers hope.





home

a safe and secure place to live

opportunity

to pursue meaningful leisure, recreation, education and work possibilities

people

as friends, confidantes and supporters

empowerment

fully involved in decisions affecting own life

home mental health

- ◆ Beliefs
- ◆ Optimism
- ◆ Feelings
- ◆ Thoughts
- ◆ Emotions
- ◆ Understanding
- ◆ Attention
- ◆ Mood
- ◆ Wellbeing



I·ROC

home mental health

In the past 3 months...
How often have you felt
mentally & emotionally healthy,
happy and well?



opportunity physical health

- ◆ Eating
- ◆ Sleeping
- ◆ Fitness
- ◆ Healing
- ◆ Drinking
- ◆ Smoking
- ◆ Pain
- ◆ Health Checks
- ◆ Weight
- ◆ Communicating Problems



I·ROC

opportunity physical health

In the past 3 months...
How often have you felt
physically healthy?



people personal network

- ◆ Support
- ◆ Friends
- ◆ Family
- ◆ Having Fun
- ◆ Loved Ones
- ◆ Helping
- ◆ Listening
- ◆ Problem Solving



people personal network

In the past 3 months...
How often have you felt that
you have people/friends/loved
ones who can support you if
you need it?



empowerment participation & control

- ◆ Making Decisions
- ◆ Having a say
- ◆ Being involved
- ◆ Being heard
- ◆ Informed
- ◆ Opinions
- ◆ Choices
- ◆ Campaigning
- ◆ Asking Questions

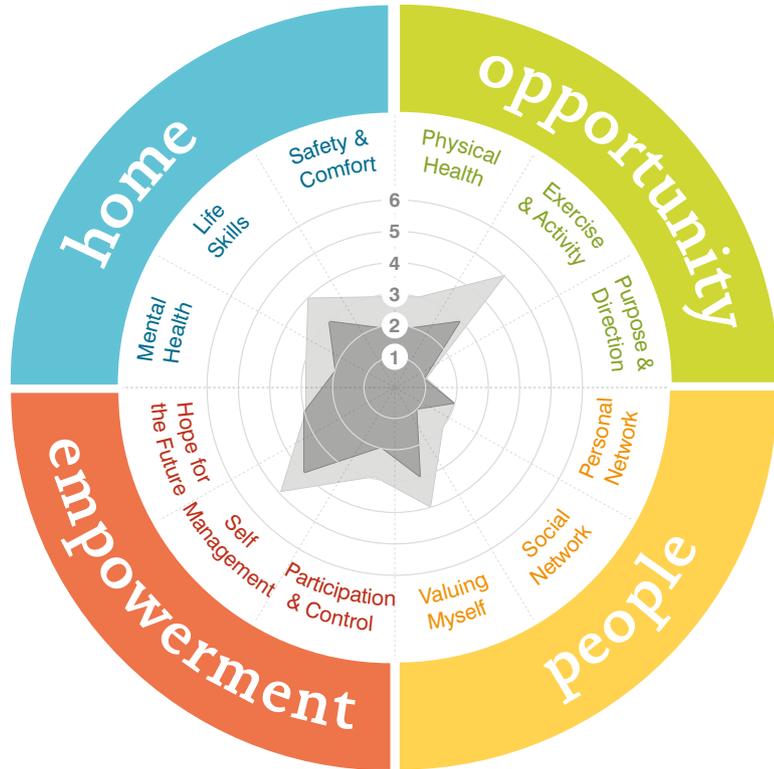


I·ROC

empowerment participation & control

In the past 3 months...
How often have you felt
involved in the decisions that
affect your life?





thank you...

We wish to thank you for your co-operation and for taking the time to complete the questions.



I·ROC



Copyright © Penumbra 2012 all rights reserved

Penumbra, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY

T 0131 475 2380 | F 0131 475 2391 | E enquiries@penumbra.org.uk