

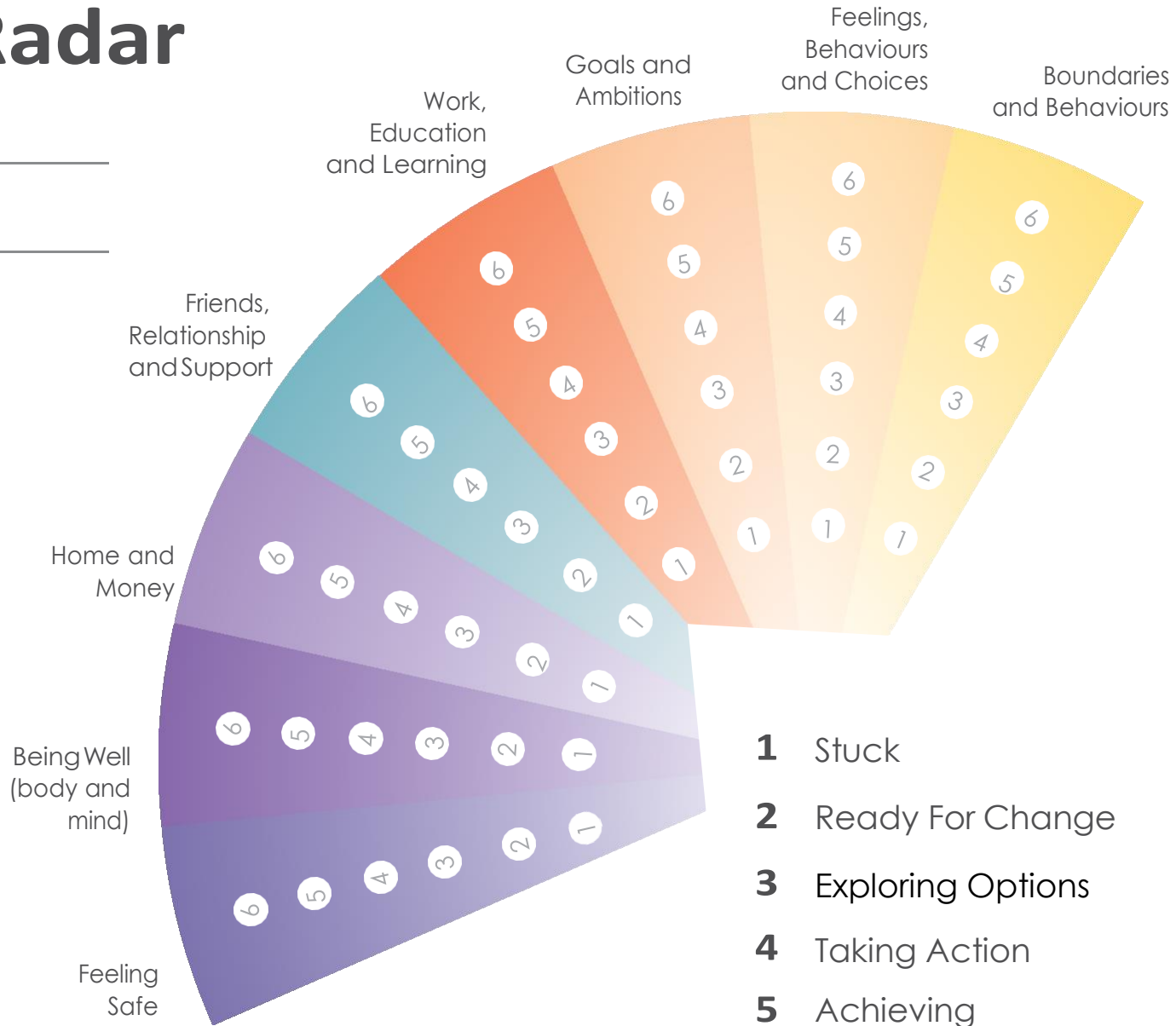
Family Radar

Name _____

Parent/ _____

Carer
Signature _____

Date _____



Attempt
 First
 Review
 Retrospective

Completed By
 Professional and Parent
 Professional
 Parent

Family Radar

Feeling Safe	Being Well (Body and Mind)	Home and Money	Friends Relationships and Support
Actions	Actions	Actions	Actions
Work Education and Learning	Goals and Ambitions	Feelings Behaviours and Choices	Boundaries and Behaviours
Actions	Actions	Actions	Actions

Family Radar Chart

– Journey of Achievement

Steps to effective change

Stuck(1)

People are worried about you and your children. They may notice things that you don't recognise yourself, or don't agree with, such as your family's health, your children's behaviour or development. You may be worried or stressed yourself, but don't know how to help your own situation. Maybe you think everybody is against you or you feel that people may judge your situation without knowing the full facts. You don't feel that you are coping very well at the moment, but feel it is difficult to trust anyone. You feel **stuck** and are unsure how to get out of your situation.

Ready for Change (2)

You are starting to recognise the issues and impact that things like poor behaviour, lack of school attendance or depression/moods are having on both you and your children. However, you sometimes want to engage with some help, but find it hard. You are in a better place than before, you are starting to see things differently and know that other ways of doing things might be effective. You now realise that you are **ready to change** for the children's sake but do not always commit a lot of energy to this. You are starting to accept help a bit more often, but this is coming from other people at the moment and not yourself.

Exploring Options (3)

You begin to understand that it is you that makes the difference in your family's life and it is you that needs to change. You start to **explore your options** to change things with the help of your keyworker, but sometimes things don't work out the way you want them to. Sometimes things become harder at first, before you start to notice a positive difference with your family. But if you persist and

are consistent in what you are trying to do, it starts to pay off. At times you may stop and return to your old ways or just give up, or you may be inconsistent in your way of doing things differently. You start to notice small but positive changes in your family life.

Taking Action (4)

You now are starting to understand what works and what doesn't work with your children having **taken action**. Your children and you feel more in control of the family situation and at times things are going really well. There are still times when you feel unsure and you are not confident that you are doing the right thing. It may be difficult to cope occasionally and you still need the support and re-assurance of your keyworker.

Achieving (5)

You have learnt how to handle things differently and don't feel lost anymore. You may feel that you need occasional help and can reflect back on your Journey of Achievement. You feel happier in yourself and are more confident to cope with minor crises. You feel that you are **achieving** more positive family results. You are parenting "good enough" without help from a service. You feel confident to take control for yourself.

Maintaining Change (6)

You can look back and reflect on how much you have achieved, family life is settled and your children are doing well, you believe that you have the resilience to deal with problems and issues as they arise and you have the support networks in place to help you with this. All the changes you have made can be **sustained** and you are able to continue to improve things for you and your children.