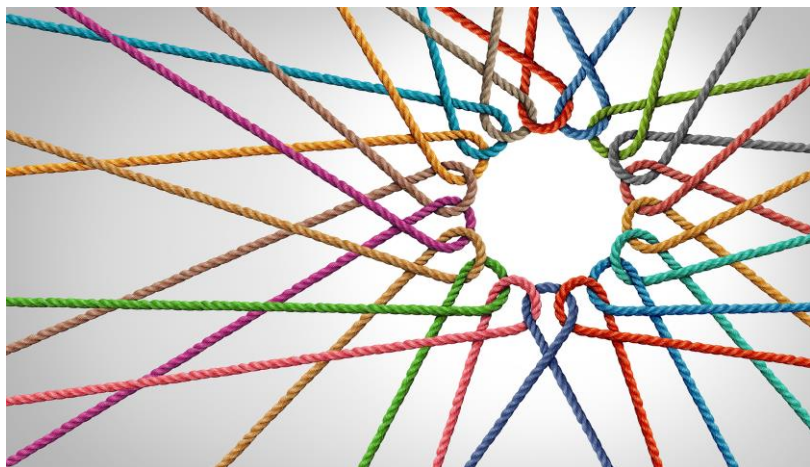




QUALITY-OF-LIFE IMPACT OF
CARE, EDUCATION & TRAINING



ENHANCING QUALITY OF LIFE OUTCOMES WORKBOOK

[Document subtitle]

ABSTRACT

This workbook provides foundational knowledge about inclusive and person centred approaches and the way in which disability can intersect with other individual characteristics

Activity Worksheet 1 – Reflection

Take some time now and reflect on what makes a good life for you:

What does a quality life mean for you?

<i>Example</i>	<i>I have a job that I like, with good work colleagues. I have my own home and I live with people I care about</i>
1	
2	
3	
4	
5	

Activity Worksheet 2 – QoL Indicators

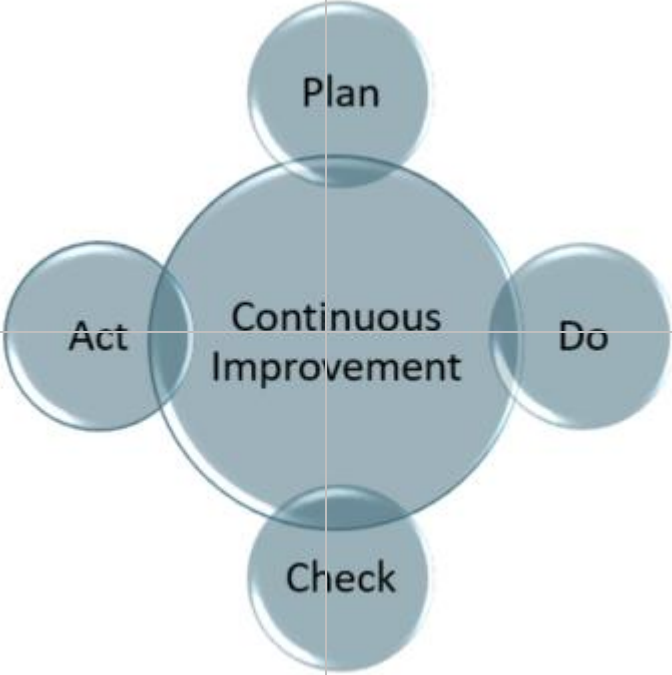
Link the following statements with the relevant QoL indicator

Statement		QoL Indicator
I can manage my financial situation		Physical Wellbeing
I can do physical activities		Material Wellbeing
I can manage my health & wellbeing		Employment
I can earn a living		Rights
I help out in my local community		Emotional Wellbeing
I have friends		Self Determination
I understand and exercise my rights in society		Citizenship
I can make my own decisions		Interpersonal Relationships



Activity Worksheet 3 – Continuous Improvement

Plan	Do
Act	Check



The diagram illustrates the PDCA cycle for Continuous Improvement. It features a central circle labeled "Continuous Improvement" surrounded by four smaller circles labeled "Plan", "Do", "Check", and "Act" in a clockwise cycle. The diagram is overlaid on a 2x2 grid with "Plan" and "Do" in the top row, and "Act" and "Check" in the bottom row.

Activity Worksheet 4 – Meaningful involvement

Consider how you support meaningful participant involvement in your service development; give an example for each of the following areas:

Example	<i>Co-production: We have a local advocacy group, who take on and advocate for change locally, one person is voted onto National Advocacy Group to represent their peers on key issue at national level. They meet with CEO & Directors regularly.</i>
Co-production	
Meaningful Measures	
Parity of Esteem	
Active Participation	
Governance	