



Dimensions of Health and Wellbeing - FAQs

General

Q What is the Dimensions of Health and Wellbeing?

A The Dimensions of Health and Wellbeing is a free online tool that provides information to support adults, children and young people in Coventry and Warwickshire. You can rate yourself or another person using the Dimensions, to create a profile which can highlight a person's areas of strength and areas where they may benefit from support. It provides trusted information about, local services, national support and resources such as videos, apps and books.

This short animation explains who can use the Dimensions tool and how it can support you. [What is the Dimensions of Health and Wellbeing?](#)

Q Is the Dimensions tool a diagnostic tool?

A This tool is for signposting information and supporting people to access the right support and services. It does not provide a diagnosis.

Q Is the report shared with other professionals or used as a referral to services?

A No, we do not save or share your report with anyone. It is confidential to you, and you may find it helpful to share it with someone who is supporting you.

Q What support is available if completing the Dimensions tool causes distress?

A The Dimensions tool should not be used if someone is in crisis. Please click on this link to seek [urgent help](#). Any immediate concerns should be raised with the GP/other professionals. The self-care flyers can signpost you to find support.

Q How long do I have to complete the Dimensions tool once started?

A You have 20 minutes to rate each Dimension, if you have clicked on the next button in this time, you will be timed out. Once you have rated all Dimensions a report containing your personalised profile will appear on the screen. Please click on the save button to download it to your device.

Q Can I save my report and come back later to complete it?

A No. We do not save any personal details. Your ratings are only saved once you have rated all Dimensions and clicked on the save button to download your personalised profile and report to your device.

Q Will completing the Dimensions tool prioritise access to services?

A No, you will have to go through the same pathway as everyone else. It will create a profile which can highlight a person's areas of strength and areas where they may benefit from support. You may find it helpful to share it with someone who is supporting you.

Dimensions & Descriptors

Q Why have the Dimensions changed?

A The Children and Young People's version was last updated in December 2023 and the Adult version in February 2024. Since developing the tool, the Dimensions Team has delivered an accessible version which expands the tool to meet the needs of our neurodiverse community, in addition to those looking for information and support for their mental health and wellbeing.

The language used has been updated to reflect the current preferences of our neurodivergent community, such as using the term 'difference with' in place of 'problems with'. Some of the Dimensions have been removed and some new ones added to ensure more focus is on how providing supportive environments can help neurodivergent people feel safe and secure to be themselves.

Please click here for further information on the changes.

dimensions.covwarkpt.nhs.uk/News.aspx?NID=38

Q Do the Dimensions cover the needs of neurodivergent people?

A The tool has been co-designed to ensure it meets the needs of our neurodiverse community, in addition to those looking for information and support for their mental health and wellbeing.

Q How do I decide which rating is the most accurate?

A As per the welcome video, choose the rating that is the best fit as experienced in the last two weeks. You can return to the Dimensions and rate yourself again at anytime if your circumstances or situations changes.

Q What do the rating numbers mean?

A The number on the scale help you to rate the level of support and/or impact the person's differences has in that particular area. 1- being lower levels of difference/impact/support needs and 6- being higher levels of difference/impact/support needs

Report

Q What do I do with the report once I have completed it?

A The report includes your personalised profile which highlights a person's areas of strength and areas where they may benefit from support. They may choose to share with their GP, a trusted professional or someone who is supporting them. The personalised profile can help them to decide whether a referral to services would be useful.

The report also includes links to flyers containing self-care information signposting to support that is tailored to their own needs and the challenges they face.

Q What do the pie charts show me?

A The charts are a visual representation of how you rated the answers. So, if anxiety is the main concern, then it will appear bigger on the chart.

Q What do the colours on the chart mean?

A The colours on the charts are also visual representation of how you rated the answers. Green identifies a strength, orange and red indicate areas further support would be beneficial.

Q Where does my report go when I save it?

A When you click on the save button, your personalised profile and report is downloaded to your device. It can then be opened from your download folder.

Self-care

Q What information can I find on the self-care flyers?

Q The flyers provide signposting to trusted information about, local support, national support and resources such as videos, apps and books.

Q Is the information on the self-care flyers up to date?

A Yes, the content is regularly updated by the team and checked with clinicians and support staff. Please contact the team if you are aware of an additional service or resource you think should be added.

Accessibility

Q Can I change the website colours or make the text larger?

A If you scroll to the bottom of the Dimensions website, you will find buttons you can use to change the text size and also four different options for the font and background colours.

Q Can I translate the tool to a different language?

Q On the top left-hand corner of the screen, there is an icon of a person. When you click on the person it will launch ReachDesk. There is a translate option on the ReachDesk toolbar.

Q What other accessibility functions are available?

A The ReachDesk icon in the top left of the screen has a 'read aloud' option that will read the contents of the page to you.

Professional Users

Q Do I need to register for an account and sign in?

A You can complete the Dimensions tool without signing in. However, if you register for an account and sign in you will see additional resources aimed at professionals. If you have consented to receive emails, then you will get reports emailed to you when you save them.

Q Will I be sent lots of emails?

A You will receive Dimensions reports whenever you are signed in a click on the save button. We very occasionally send emails when we are looking for feedback on the Dimensions of Health of Wellbeing or to promote a new version of the tool.

Q Can I access the self-care flyers without doing the questionnaire?

A No, completing the Dimensions tool will produce a report with a personalised profile which will identify the person's strengths and support needs. The report has all the links to the relevant self-care flyers which you can download and keep in your file if you wish. These are updated regularly as services changes and new resources are identified.

Q Do parents as well as the children complete the questionnaire?

A Children are different at home and at school, therefore we would recommend asking the parents to complete the report to identify the strengths and support needs they have. Anyone over the age of thirteen can complete the Dimensions tool themselves.

Q What do I need to do when I am given a Dimensions report?

A The personalised profile in the Dimensions report can be used to identify a person's strengths and support needs. It can be used to start a conversation and can be used to help you to identify whether a referral to a service is required.

Q What do I do if the advice says to go to SENCO?

A We recommend that people contact someone who can support them if they rate at a level 5 or 6. It will depend on the Dimension who we recommended they contact. The SENCO is the school-based staff responsible for special educational needs for the pupil and are more likely to be the best person to support them. They can support parents to access the self-care flyers and relevant support.