



Dimensions of Health and Wellbeing Adult Version February 2024

Successes to celebrate.

The Dimensions of Health and Wellbeing is owned and led by our community. As part of our review of the Dimensions we used a neurodiversity affirming approach - using positive reaffirming language, e.g. 'skills' not 'deficits', 'support needs' not 'weaknesses'. Celebrating the strengths and diversity of our community.

This was achieved through collaboration and coproduction - clinicians, professionals and Experts by Experience (EBEs) working together to deconstruct the old Dimensions language, to instead use the language of choice for the community, celebrating ability not disability, enabling, empowering and ensuring inclusion and belonging.

Why did we change the Adult Dimensions?

The 2021 version of the Adult Dimensions was a Mental Health and Wellbeing version of the tool. The 2024 version was expanded from a just being a mental health and wellbeing tool to a mental health, neurodivergent, and wellbeing tool.

Amended Dimensions

The following Dimensions names have changed.

Old Dimension Name	New Dimension Name
Voice Hearing, Unusual Experiences and Psychosis	Connection with Reality
Worrying, Stress and Anxiety	Worrying and Anxiety
Work (paid / unpaid / voluntary) and Education	Education, Work and Training
Loss, Bereavement and Grief	Loss and grief

The following Dimensions have been merged

Old Dimension Name	New Dimension Name
Finance Housing and Accommodation	Finances and Accommodation

The following Dimension is now covered in other Dimensions.

Old Dimension Name	New Dimension Name
Connection with others	Relationships Hobbies and Interests

New Dimensions

These Dimensions have been added to expand the adult version from a mental health and wellbeing tool to a mental health, neurodivergent, and wellbeing tool.

New Dimension	Explanation
Activities of Daily Living	People may find other things such as washing and dressing tricky so this Dimension will facilitate a more detailed conversation to unpick the specific areas of support.
Hobbies and Interests	Hobbies and Interests can be a source of enjoyment and accomplishment and are important as they may help an individual build confidence, manage their emotions, and engage with others.
Self and Identity	People may sometimes struggle to understand who they are, their personality and what they like about themselves. This can affect self-esteem, confidence, ability to make decisions and a sense of belonging.
Social and Communication Style	Differences in communication style may affect an individual's ability to express their needs, understand or be understood by others.
Supportive Environments	A supportive environment is a space where the person feels they can ask for help and are able to accept support from others when needed. An environment that is not supportive or accessible can affect an individual's level of distress and their engagement in everyday life.
Transitions and Change	An individual's experience of change may impact their everyday life and the support that they need.
Motor Skills and Co-ordination	Motor skills and co-ordination difficulties can have an impact on engagement in work or daily activities, social engagement, self-esteem, mood and confidence levels.