

Dimensions of Health and Wellbeing Profile

Dimensions profile

This is your personalised Dimensions profile based on responses given on 07/08/2024. We **do not** store any profiles, you must **SAVE** the profile to your device (which will save a copy in your download folder). You can then choose to share the profile with someone who is supporting you.

This profile provides a summary of the ratings you have provided, identifying **strengths and areas where further support would be helpful**. The profile includes links to pdf documents which contain signposting to information or services based on your responses. This includes local and national support, apps, video/audio and/or reading.

Note: Remember to save or print this profile if you want to look at it again. You have 20 minutes from clicking **finish** to do this.

How to use this profile

We recommend that you focus on the Dimensions documents in this order.

Orange or Red	Rating Level 5 or 6	Areas further support would be most beneficial
Light Green or Yellow	Rating Level 3 or 4	Areas further support would be helpful
Dark Green	Rating Level 1 or 2	Areas of strength but support may be helpful



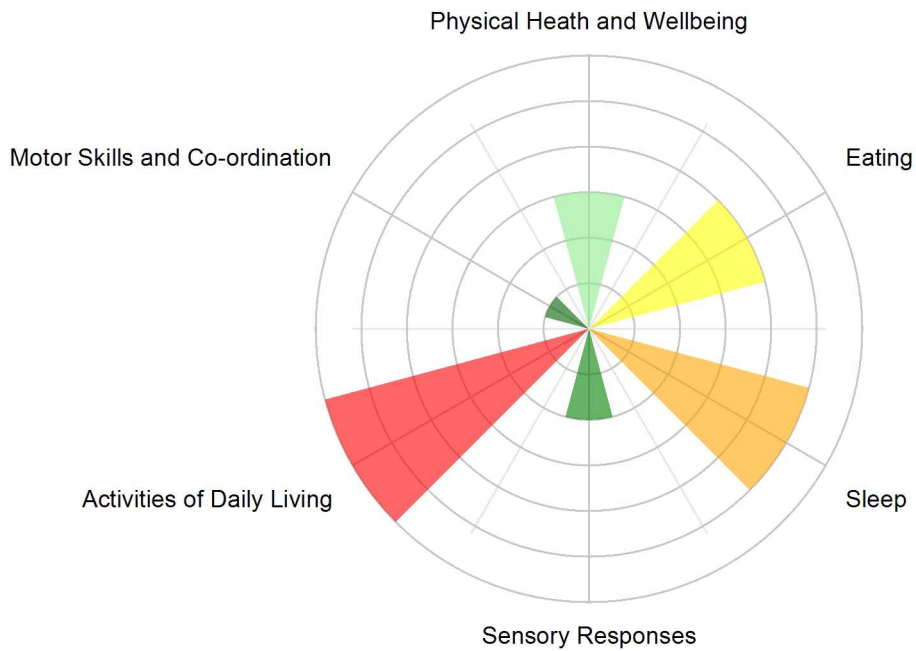
This icon on the profile indicates that there is link to a pdf document which contain signposting to information or services.

Further Support

If you have any concerns that may not have been captured by the Dimensions tool, we suggest that you talk to a professional about these, so they can make sure you are getting the help you need. That could be a support worker, a teacher/SENCO, a social worker or a health professional such as a GP.

For further support and information about neurodiversity you may want to view the 'Information and Advice Booklet for Neurodivergent People and their Families' by following this link: dimensions.covwarkpt.nhs.uk/News.aspx?NID=26

Body and Physical Wellbeing



Dimensions Ratings:

Physical Health and Wellbeing: Level 3

I have physical health needs that have a LITTLE impact on my mental wellbeing and everyday life.



[Physical Health and Wellbeing - Fitness Level 2-6 Adult Self-care](#)



[Physical Health and Wellbeing - General Level 2-6 Adult Self-care](#)

Eating: Level 4

Difficulties with food or eating noticed REGULARLY and STRUGGLE to maintain healthy weight and/or meet nutritional needs, noticed over a long period of time (a couple months or more).



[Eating Levels 4-6 Adult Self-care](#)

Sleep: Level 5

Difficulties with sleep have a SIGNIFICANT impact on energy and engagement in activities of everyday living and/or emotional wellbeing through the day. You may have considered or sought specialist or medical support to help manage this (which may include medication).

As you have rated highly, we recommend you discuss your concerns with your GP Practice or another health care professional.



[Sleep Levels 4-6 Adult Self-Care](#)

Sensory Responses: Level 2

Some difficulty with sensory preferences and this has a MINIMAL impact on my everyday life.



[Sensory Responses Levels 2-6 Adult Self-care](#)

Activities of Daily Living: Level 6

I have significant difficulty in activities of daily living and this has a SEVERE impact on me.

As you have rated highly, we recommend you discuss your concerns with your GP Practice or another health care professional.

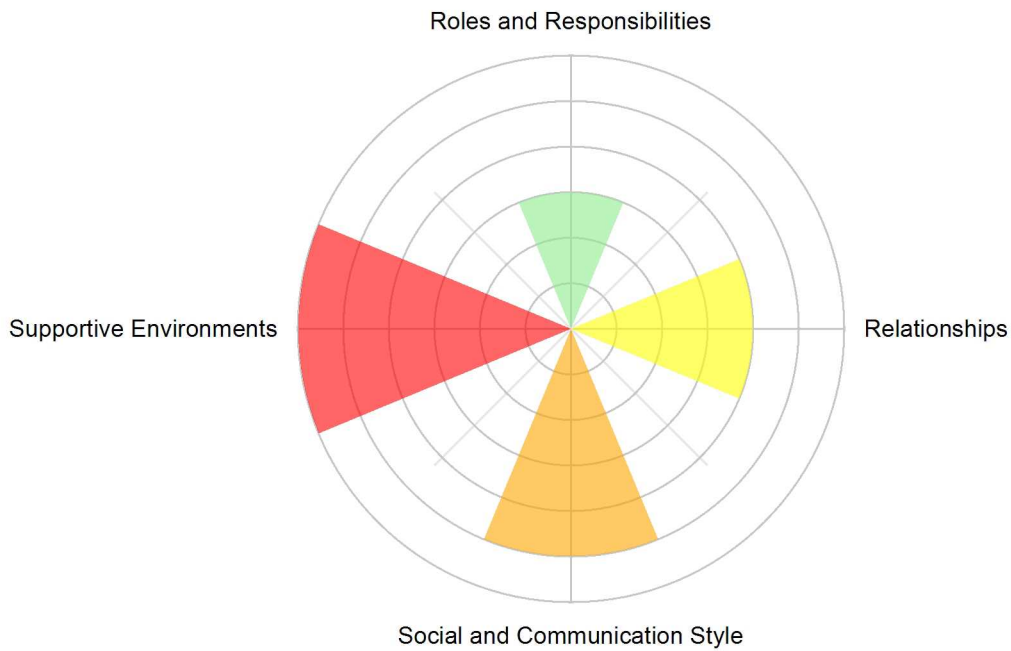


[Activities of Daily Living Level 2-6 Adult Self-care](#)

Motor Skills and Co-ordination: Level 1

I have no difficulties with motor skills and/or co-ordination, and this has NO impact on my daily life.

Relationships and Connections



Dimensions Ratings:

Roles and Responsibilities: Level 3

Parent or carer roles and responsibilities undertaken have a LITTLE impact on my everyday life and/or I mostly have the support to help manage this.



[Roles and Responsibilities 2-6 Adult Self-care](#)

Relationships: Level 4

I have SOME difficulties in relationships with others.



[Relationships 4-6 Adult Self-care](#)

Social and Communication Style: Level 5

I am RARELY able to express my needs, understand and be understood by others.

As you have rated highly, we recommend you discuss your concerns with your GP Practice or another health care professional.



[Social and Communication Style Adult Level 2-6 Self-Care](#)

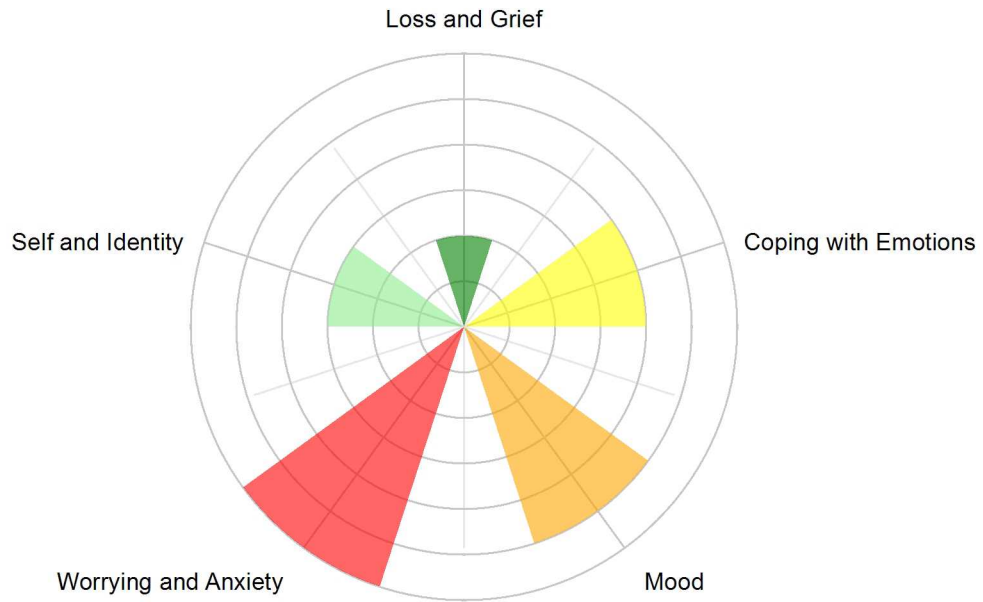
Supportive Environments: Level 6

My environments are NOT supportive and do not meet my needs.

As you have rated highly, we recommend you discuss your concerns with your GP Practice or another health care professional.



[Supportive Enviroments Level 2-6 Adult Self-Care](#)



Dimensions Ratings:

Loss and Grief: Level 2

I have an experience of loss, and this has a MINIMAL impact on me and/or my everyday life.



[Loss and Grief Level 2-3 Adult Self-care](#)

Coping with Emotions: Level 4

Emotions OFTEN have an impact on my everyday life.



[Coping with Emotions Level 4-6 Adult Self-care](#)

Mood: Level 5

Difficulties with mood have a SIGNIFICANT impact on my everyday life. You may have considered or sought specialist or medical support to help manage this (which may include an antidepressant prescription).

As you have rated highly, we recommend you discuss your concerns with your GP Practice or another health care professional.



[Mood Level 4-6 Adult Self-care](#)

Worrying and Anxiety: Level 6

Difficulties with anxiety have a SEVERE impact on my daily life. You may have a diagnosis of an anxiety disorder.

As you have rated highly, we recommend you discuss your concerns with your GP Practice or another health care professional.



[Worrying and Anxiety Level 4-6 Adult Self-care](#)

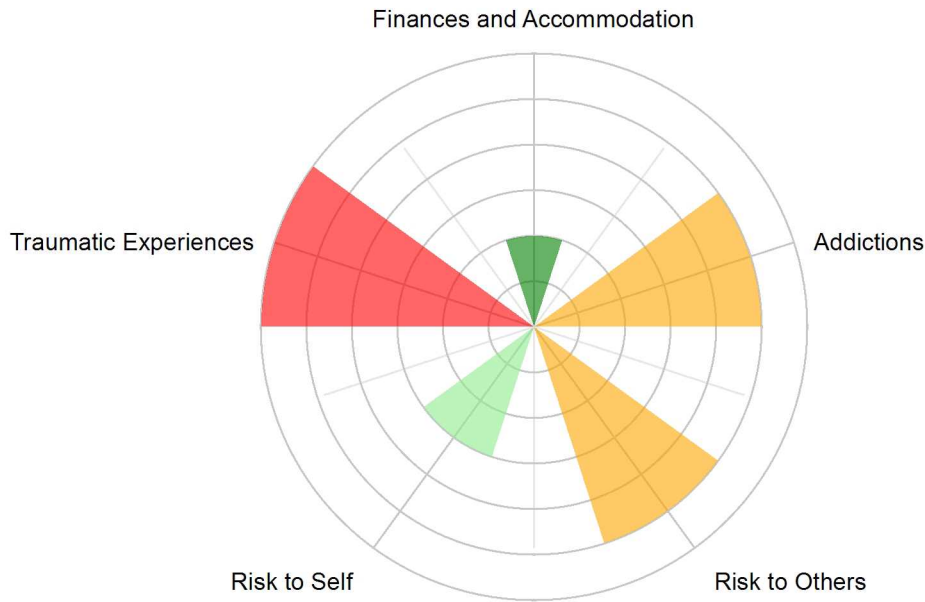
Self and Identity: Level 3

How I view myself and my identity has a LITTLE impact on my confidence and self-esteem levels.



[Self and Identity 2-6 Adult Self-care](#)



Safety and Risk



Dimensions Ratings:

Finances and Accommodation: Level 2




I have difficulties with my finances and/or accommodation and this has a MINIMAL impact on my physical and/or mental wellbeing.

 [Finances Level 2-6 Adult Self-care](#)
 [Housing and Accommodation Level 2-3 Adult Self-care](#)

Addictions: Level 5

I have little control over habits, and this has a SIGNIFICANT impact on my everyday life.

As you have rated highly, we recommend you seek immediate support from one of the support organisations on the flyer below or in an emergency call 999.

 [Addictions - Alcohol and Drugs Level 4-6 Adult Self-care](#)
 [Addictions - Gambling and Gaming Level 4-6 Adult Self-care](#)
 [Addictions Level 2-6 Adult Self-care](#)

Risk to Others: Level 5

I experience thoughts to cause risk and/or harm to others EVERYDAY and have acted on this in the past but have little to NO intentions to act on this currently.

As you have rated highly, we recommend you seek immediate support from one of the support organisations on the flyer below or in an emergency call 999.

 [Risk to Others Level 2-6 Adult Self-care](#)

Risk to Self: Level 3

I am SOMETIMES at risk to myself.



[Risk to Self Level 2-3 Adult Self-care](#)

Traumatic Experiences: Level 6

I have experienced traumatic events, that have a SEVERE impact on my distress levels and everyday life.

As you have rated highly, we recommend you discuss your concerns with your GP Practice or another health care professional.

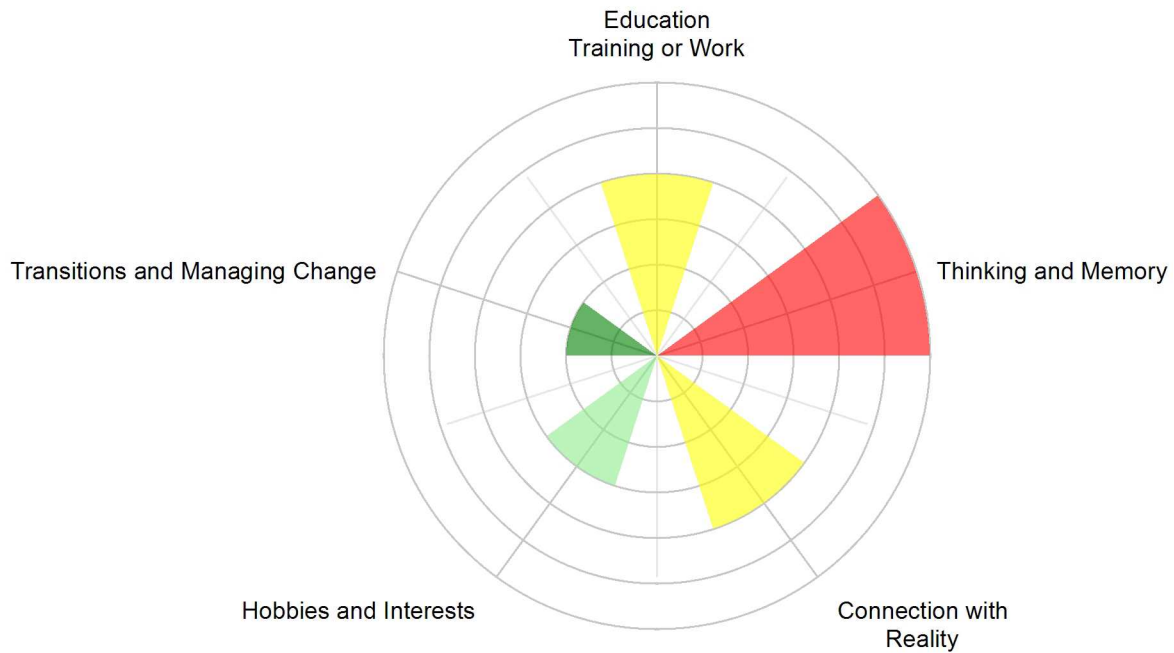


[Traumatic Experiences Level 4-6 Adult Self-care](#)



[Traumatic Experiences Level 2-6 - Abuse Adult Self-care](#)



Thinking and Learning



Dimensions Ratings:

Education, Training or Work: Level 4



I OCCASSIONALLY struggle to access and/ or engage in education, training and/or work and/or this may have some impact on my wellbeing.

 [Education Levels 2-6 Adult Self-care](#)
 [Work - Paid Unpaid and Voluntary Level 2-6 Adult Self-Care](#)

Thinking and Memory: Level 6

Thinking and memory skills have a SEVERE impact on my everyday life.

As you have rated highly, we recommend you discuss your concerns with your GP Practice or another health care professional.

 [Thinking and Memory - Dementia Level 2-6 Adult Self-care](#)
 [Thinking and Memory Levels 2-6 Adult Self-care](#)

Connection with Reality: Level 4

You experience a loss of connection with reality, and this OCCASSIONALLY causes me distress or puts me or others at risk.

 [Connection with Reality Level 4-6 Adult Self-care](#)

Hobbies and Interests: Level 3

I have active hobbies and interests that I am SOMETIMES able to access.



Transitions and Managing Change: Level 2

Change has a MINIMAL impact on my everyday life and/or I have some level of support.



If no flyers are presented, then it does not appear that this person has difficulties related to their health and well-being. However, if you have any concerns about this or the problems they have are not captured by Dimensions, it would be helpful to talk to a professional in education or health about your worries.

Question:	Response:
Who are you looking for help for?	Myself
What is your age group?	35-44
What is your gender?	Male
Which area do you live in?	Coventry

Dimension:	Level (0-6):
Education, Training or Work	4
Finances and Accommodation	2
Loss and Grief	2
Addictions	5
Coping with Emotions	4
Physical Health and Wellbeing	3
Eating	4
Sleep	5
Mood	5
Roles and Responsibilities	3
Relationships	4

Risk to Others	5
Sensory Responses	2
Risk to Self	3
Thinking and Memory	6
Traumatic Experiences	6
Connection with Reality	4
Worrying and Anxiety	6
Activities of Daily Living	6
Hobbies and Interests	3
Motor Skills and Co-ordination	1
Self and Identity	3
Social and Communication Style	5
Supportive Environments	6
Transitions and Managing Change	2