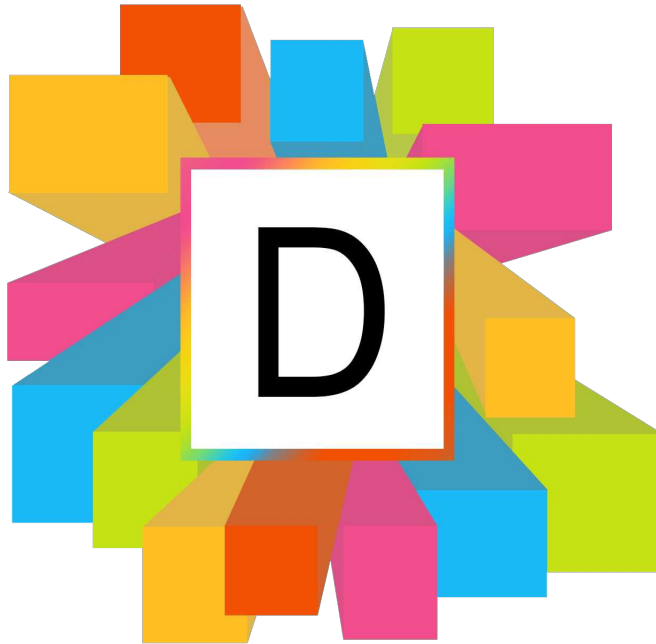


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# Dimensions Tool Report



**Report Generated On:** 27/07/2021 10:33

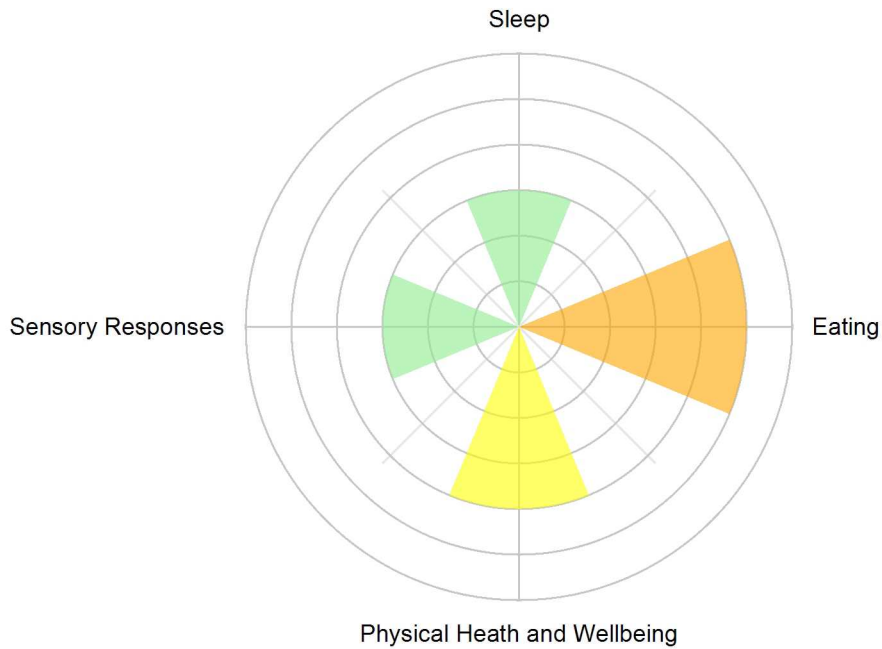
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This report provides a summary of the ratings you have provided, showing this person's strengths and difficulties. To see the selfcare flyers, click on the links on the report. We recommend that you focus first on the areas showing orange or red on the charts because you rated those at 5 or 6. We also 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, a health professional such as a GP.

**Remember to save or print your report if you want to look at it again.**

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## Physical Wellbeing



### Dimensions Ratings:

#### **Sleep: Level 3**

Sleeping patterns have some impact on your everyday life



[Sleep Levels 2-3 Adult Self-care](#)

#### **Eating: Level 5**

Eating or managing your thoughts and feelings about eating has a frequent impact on your everyday life

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



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

#### **Physical Health and Wellbeing: Level 4**

Physical health and wellbeing often impact on your everyday life and mental health



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



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



[Physical Health and Wellbeing - Motor Skills and Co-ordination Levels 2-6 Adult Self-care](#)

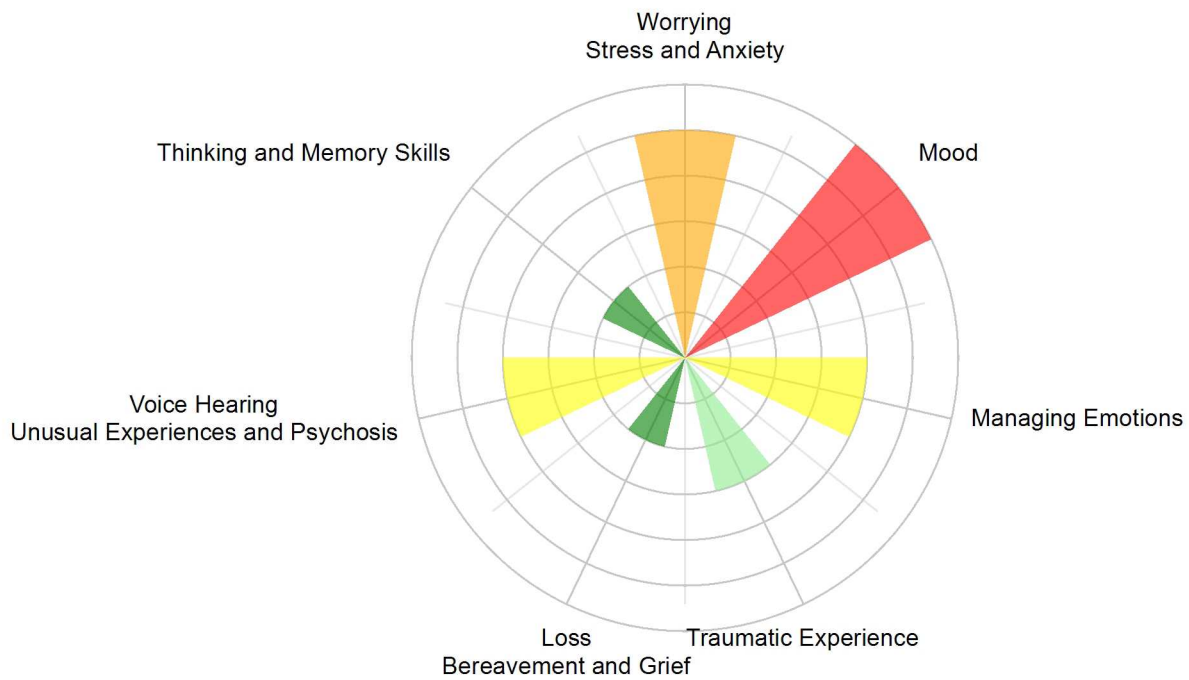
#### **Sensory Responses: Level 3**

Noticing, understanding and/or reacting to sensations has some impact on yourself and everyday life



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

## Emotional Wellbeing and Mental Health



### Dimensions Ratings:

#### **Worrying, Stress and Anxiety: Level 5**

Worry, stress or anxiety has a frequent impact on your everyday life

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



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

#### **Mood: Level 6**

Mood has a severe impact on your everyday life

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



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

#### **Managing Emotions: Level 4**

Emotional responses often impact on your everyday life



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

#### **Traumatic Experience: Level 3**

Experience of traumatic events has some impact on your everyday life



[Traumatic Experiences Levels 2-3 Adult Self-care](#)

### **Loss, Bereavement and Grief: Level 2**

The effects of loss and grief has little impact on your everyday life



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

### **Voice Hearing, Unusual Experiences and Psychosis: Level 4**

Unusual experiences often impacts on your everyday life



[Voice Hearing Unusual Experiences and Psychosis Levels 4-6 Adult Self-care](#)

### **Thinking and Memory Skills: Level 2**

Planning and seeking solutions to everyday activities, tasks or challenges has little impact on your everyday life

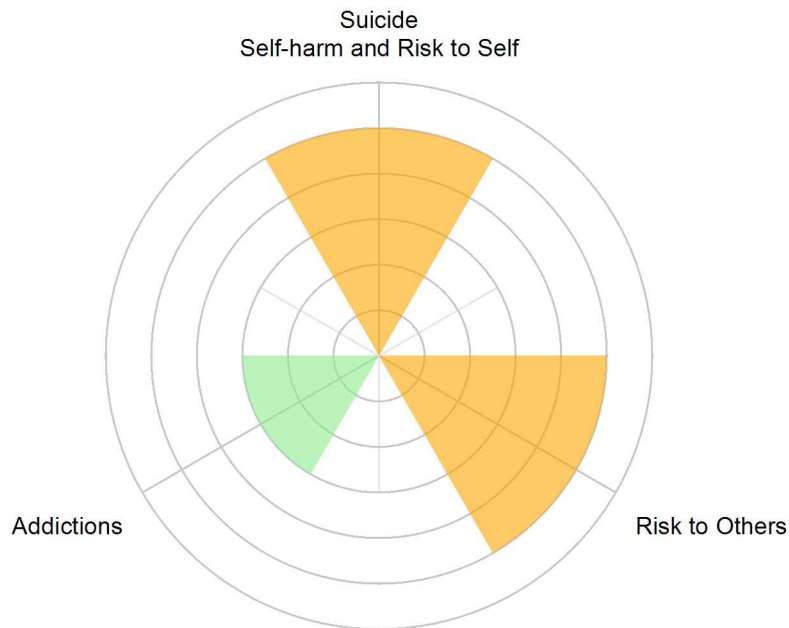


[Thinking and Memory - Dementia Levels 2-6 Adult Self-care](#)



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

## Safety



### Dimensions Ratings:

#### **Suicide, Self-harm and Risk to Self: Level 5**

Thoughts and intentions of suicide or serious harm to yourself

As you have rated highly, we recommend you discuss your concerns with one of the support organisations on the flyer below or in an emergency call 999.



[Suicide - Self-harm and Risk to Self Levels 4-6 Adult Self-care](#)

#### **Risk to Others: Level 5**

Causing risk and/or harm to others has a frequent impact on everyday life for yourself and others

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

#### **Addictions: Level 3**

Addictions have some impact on everyday life for yourself and others



[Addictions - General Levels 2-6 Adult Self-care](#)



[Addictions - Alcohol Levels 2-3 Adult Self-care](#)





[Addictions - Drugs Levels 2-3 Adult Self-care](#)



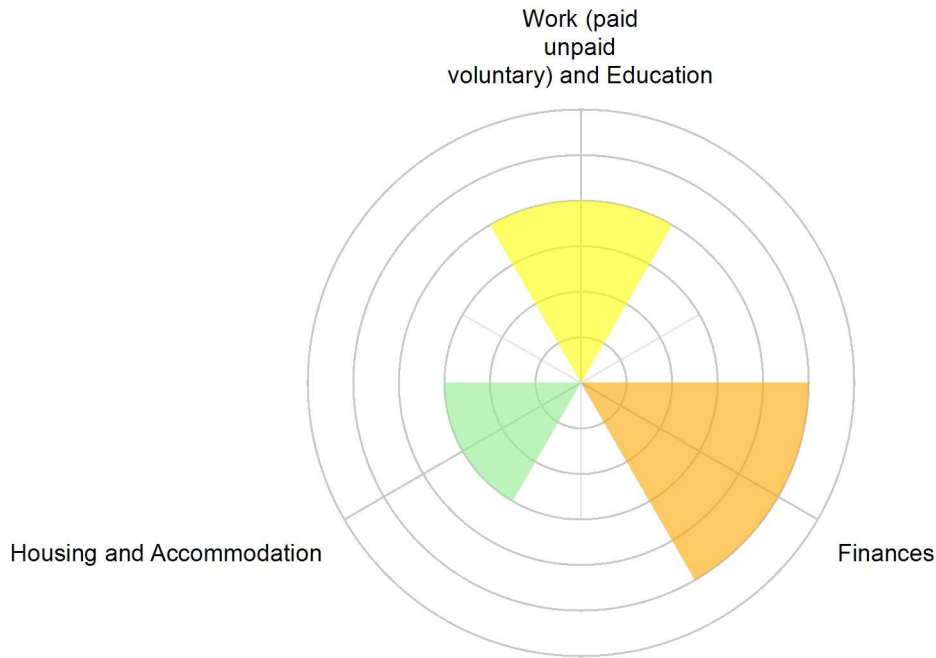
[Addictions - Gambling Levels 2-3 Adult Self-care](#)



[Addictions - Gaming Levels 2-6 Adult Self-care](#)

 [Addictions - Sex Levels 2-3 Adult Self-care](#)  
 [Addictions – Tobacco Levels 2-6 Adult Self-care](#)



## Security, Work and Education



### Dimensions Ratings:

#### **Work (paid, unpaid, voluntary) and Education: Level 4**

Finding and keeping work and/or education that is meaningful for you often has an impact on your mental wellbeing and everyday life

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

#### **Finances: Level 5**

Financial circumstances have a frequent impact on your mental wellbeing and everyday life

As you have rated highly, we recommend you discuss your concerns with one of the support organisations on the flyer below.

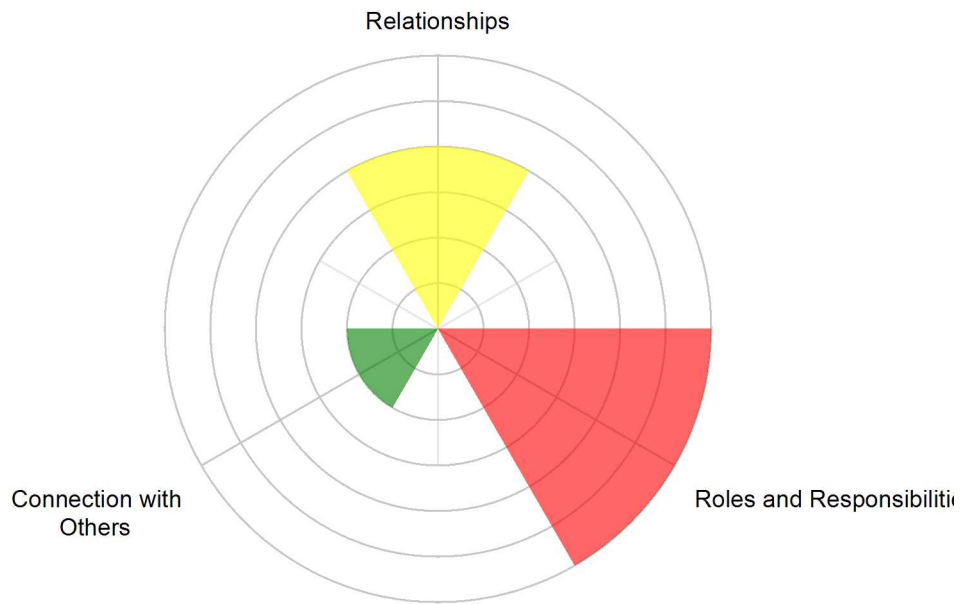
 [Finances Levels 2-6 Adult Self-care](#)

#### **Housing and Accommodation: Level 3**

Housing circumstances have some impact on your mental wellbeing and everyday life

 [Housing and Accommodation Levels 2-4 Adult Self-care](#)





**Dimensions Ratings:**

**Relationships: Level 4**

Relationships often impact on everyday life for yourself and others

 [Relationships - Autism and ADHD Levels 4-6 Adult Self-care](#)

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


**Roles and Responsibilities: Level 6**

Roles and responsibilities undertaken have a severe impact on everyday life for yourself and others

As you have rated highly, we recommend you discuss your concerns with one of the support organisations on the flyer below.

 [Roles and Responsibilities Caring for Children Levels 2-6 Adult Self-care](#)

 [Roles and Responsibilities Caring for Older People Levels 2-6 Adult Self-care](#)

 [Roles and Responsibilities Caring for People with Physical or Mental Health Conditions Levels 2-6 Adult Self-care](#)

**Connection with Others: Level 2**

Limited or no connection with others has little impact on your mental wellbeing and everyday life

 [Connection with Others Levels 2-3 Adult Self-care](#)

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.

<b>Question:</b>	<b>Response:</b>
Who are you looking for help for?	Myself
What is your age group?	25-34
What is your gender?	Male
Which area do you live in?	Coventry
Do you have a diagnosed learning disability (Global Development Delay)?	No

<b>Dimension:</b>	<b>Level (0-6):</b>
Worrying, Stress and Anxiety	5
Mood	6
Managing Emotions	4
Traumatic Experience	3
Loss, Bereavement and Grief	2
Voice Hearing, Unusual Experiences and Psychosis	4
Suicide, Self-harm and Risk to Self	5
Risk to Others	5
Sleep	3
Eating	5
Physical Health and Wellbeing	4
Addictions	3
Relationships	4
Roles and Responsibilities	6

Connection with Others	2
Work (paid, unpaid, voluntary) and Education	4
Finances	5
Housing and Accommodation	3
Thinking and Memory Skills	2
Sensory Responses	3