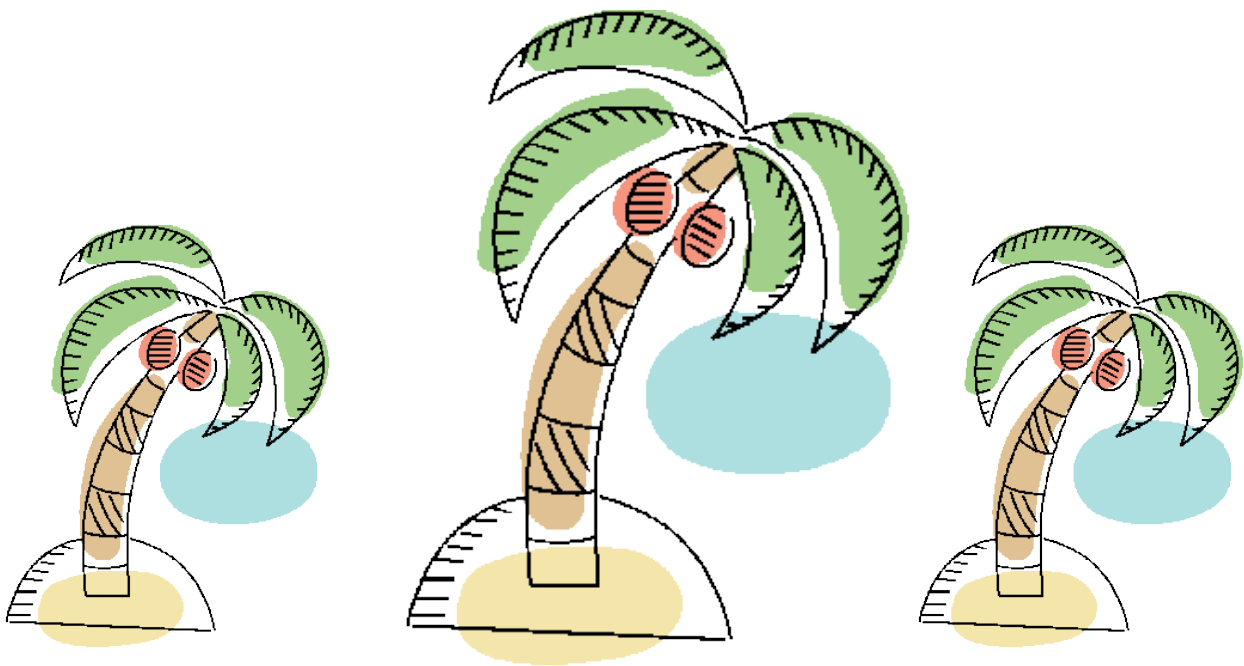


Life Islands

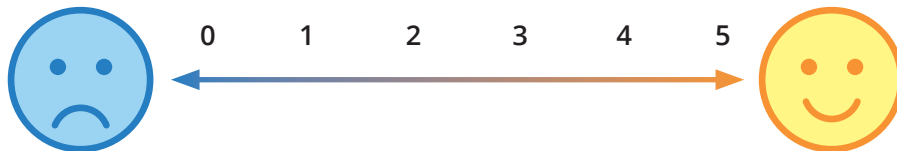
Assessment Aid



An instructional guide to working through areas of significance with adults. This can help to highlight the aspects of life that are most challenging for them

Life Islands

- Mark out different areas of life as islands i.e. social, home, finance, work etc...
- Rate each area in terms of being content or happy with the island as it is 0-5 Unhappy to happy.



- Explore the rating with the following questions:
 - What/who is currently occupying the island?
 - What/who are you happy about sharing the island with?
 - Is there anything/anyone you would like to kick off your island?
- Once you have your islands, look at them in relation to the other islands and discuss them one at a time with the following question:
 - Does this island affect the other islands – particularly in relation to problems?
 - Draw a line from the island to any other islands affected by it.
- Set a priority island to work on based on how many interconnected islands there are i.e. if we were to work on this island and solve some of these issues, would the other islands benefit?