

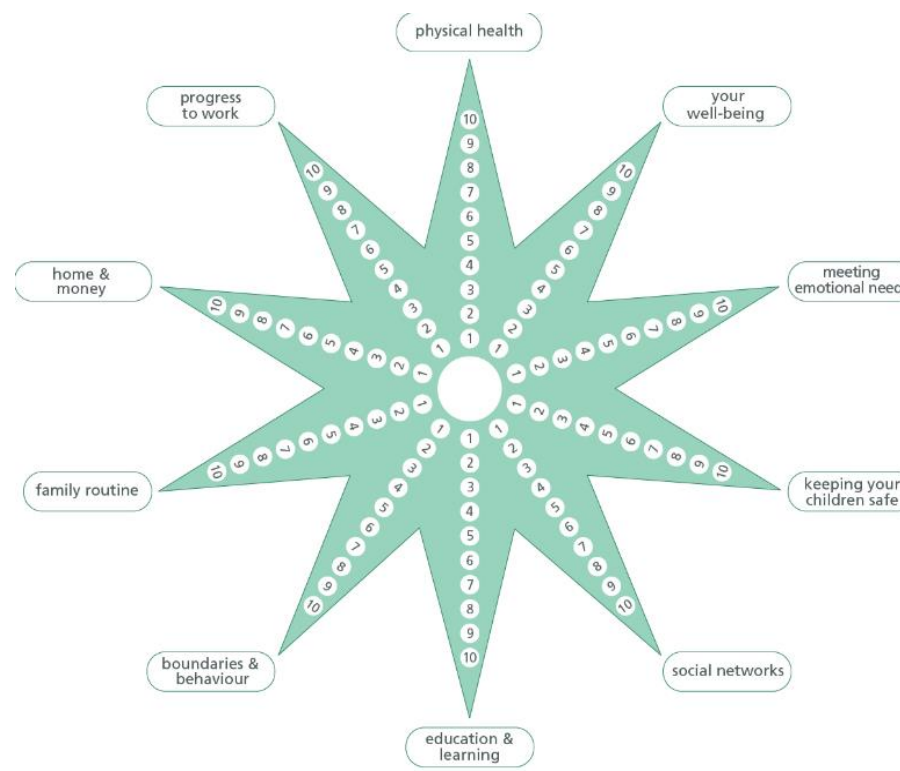
## APPENDIX 1A – FAMILY STAR

### Family Star Plus<sup>1</sup>

Family Star Plus is a practitioner based tool which enables conversation and family plans to be developed whereby workers and families agree a reading of between 1 and 10 against ten key domains at regular intervals to determine where families' progress is. The ten key domains of Family Star Plus are:

1. Positive experiences with **Home and Money**
2. **Keeping Children Safe**
3. Positive **Boundaries and Behaviours**
4. Positive **Family Routines**
5. Good or improved **Physical Health**
6. Positive **Adult Wellbeing**
7. Positive and supportive **Social Networks**
8. **Meeting Children's Emotional Needs**
9. Positive and appropriate **Education and Learning**
10. Achieving **Progress to Work**

Triangle has demonstrated the validity of the Family Star Plus as a measure of family functioning. Consistency in worker's understanding of the scales ('inter-rater reliability') was evidenced in a published article by MacKeith (2014). Further psychometric validation has been conducted to demonstrate inter-rater reliability, factor structure, internal consistency and responsiveness. This provided strong evidence for the reliability and validity of the Family Star Plus (Good & MacKeith, unpublished manuscript)<sup>2</sup>



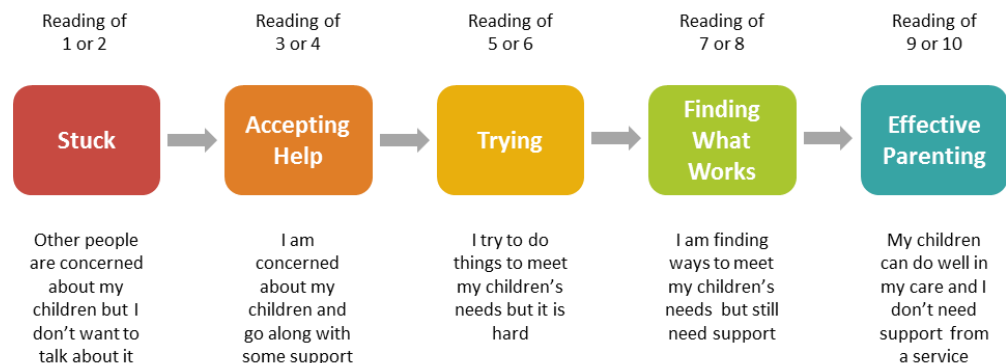
<sup>1</sup> Burns, S & MacKeith, J. (2013) The Family Star Plus User Guide and The Family Star Plus: Organisation Guide, Brighton: Triangle Consulting

<sup>2</sup> MacKeith, J. (2014). Assessing the reliability of the Outcomes Star in research and practice. *Housing, Care and Support*, 17 (4), 188-197

Good, A. & MacKeith, J. Assessing family functioning: psychometric evaluation of the Family Star Plus. *Unpublished manuscript*.

## Measuring Progress

A family’s reading for each of the ten key domains are recorded by the worker when both assessing and reviewing each case, capturing a Journey of Change for each family. This Journey of Change can comprise of 5 stages, outlined below.



Family progress has only been calculated for those families where the case was identified as closed and that both a family star assessment and review were completed during the intervention period. All other families were excluded from the evaluation.

For the purpose of this evaluation, 1,336 families had a closed case with both a family star assessment and a completed review during the evaluation period of 2013 and 2017. Final analysis of family progress was undertaken on 787 families constituting 4,564 individuals.

When collecting readings at regular intervals, potential for bias is managed by regular training on the use of Family Star Plus, audits and supervision. Bias is also reduced by workers referring to detailed definitions for each point on the scales and the collaborative process of agreeing readings between workers and families.

Family Star Plus™ Journey of Change © Triangle Consulting Social Enterprise Ltd  
 Authors: Sara Burns and Joy MacKeith  
 www.outcomesstar.org.uk

## An example of an outcome area from the Family Star Plus™ 3: Your Wellbeing - 5 Stages of the Journey of Change



### More Information

For more information on Family Star Plus<sup>4</sup> see

<http://www.outcomesstar.org.uk/using-the-star/see-the-stars/family-star/>

Triangle's scale checker, used to demonstrate consistency in worker's understanding of the scales is available online for further quality assurance

For information on why some families were excluded from the progress analysis see

**REPORT 5 – UNDERSTANDING DEMAND BETTER**

<sup>3</sup> Burns, S & MacKeith, J. (2013) The Family Star Plus User Guide and The Family Star Plus: Organisation Guide, Brighton: Triangle Consulting