



**Taking a 'Quality of Life' approach**

Kiran Hingorani

Swalcliffe Park  
School,  
Banbury,  
Oxfordshire

**A framework and approach  
for improving 'Quality of Life'  
outcomes**





Let's take a  
moment to think  
about.....

what makes  
you happy?



mike-D

iANAP!



We all have different ambitions.....





Some more arty.....





# Some more academic.....







Or dreaming of  
Champions  
League football  
next season....



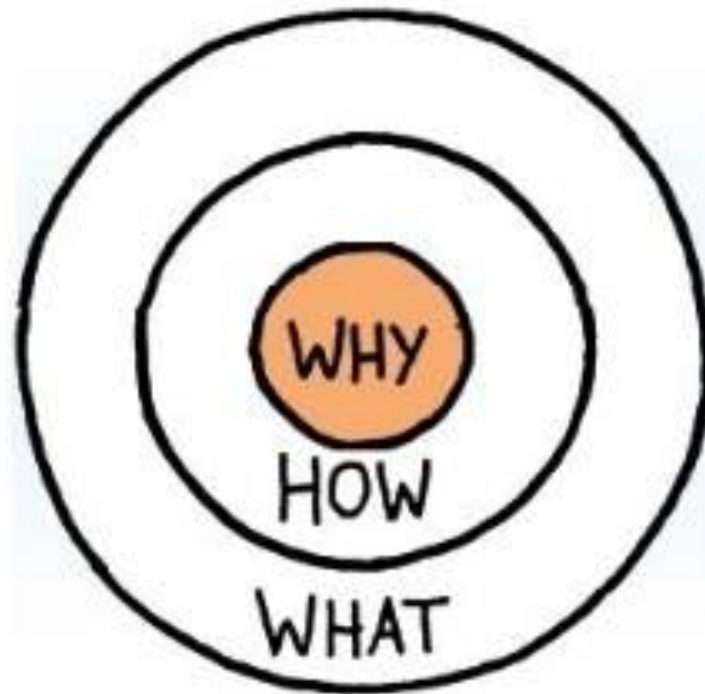


When creating a positive environment .....

Simon Sinek  
'The Golden Circles'

Start with 'Why'

Act, Think & Communicate from the **INSIDE OUT!**



**WHY - Your Purpose**

Your motivation? What do you believe?

**HOW - Your Process**

Specific actions taken to realize your Why

**WHAT - Your Result**

What do you do? The result of Why. Proof

**Autism  
Education  
Trust  
(AET)**



**“All children with autism  
deserve a good education  
and a good quality of life”**

So....  
Quality  
of Life  
eh?

Forbes



Sep 4, 2013, 09:21am EDT  
**Quality Of Life: Everyone  
Wants It, But What Is It?**

[IESE Business School](#)

Contributor

[Leadership Strategy](#)

*We share global insights and research.*





Unfortunately  
research tells us  
that.....

## Family Voice

- **Families with children who have SEND report lower QoL compared to those with typically developing children**
- **Families with autistic children report lower QoL compared to those with other SEND...**
- **Behaviour/ isolation/exhaustion/ housing/ food/ family dynamics/ employment/ fuel/ money/ Covid/ Christmas.....**

Could it be  
this  
feeling?

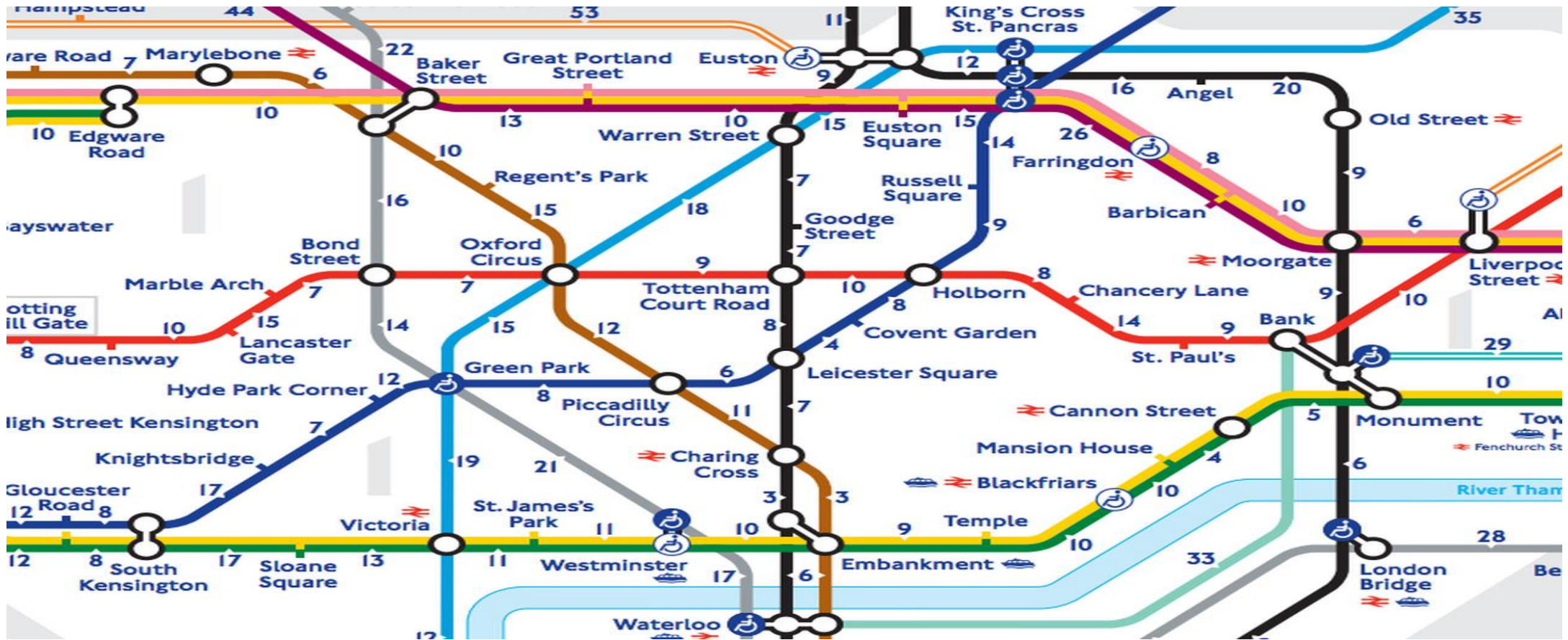


# Who is chatting about the 'Why' for QoL?



- **WHO: Health**
- **ISoQoL: Health**
- **UNICEF: Children's rights**
- **International collaborations: Family QoL/Autism QoL**
  
- **ONS: Children's well-being**
- **OFSTED: Education and Residential inspection frameworks**
- **Children's Society : Annual report 'Good Childhood'**
- **DfE: SEND Review and Mental Health strategy**
  
- **School policies: Student voice**
- **Children's Homes: Student voice**

Life is complicated.....so we all need some help to navigate through it...







**A helpful way to think about QoL:**

**If we can define it...we can measure it**

Personal

Dynamic

Multi-dimensional

Environmental

**According  
to Robert  
Schalock**

**Hastings  
College,  
Nebraska**

A Model for 'Quality of Life'		
Factor	Domain	Exemplary Indicators
Independence	Personal Development	✓ Personal skills / adaptive behaviour
	Self-Determination	✓ Choices / decisions / autonomy / control
Social Participation	Interpersonal Relationships	✓ Social networks ✓ Friendships ✓ Social activities
	Social inclusion	✓ Involvement in community ✓ Community roles
	Rights	✓ Equal opportunities ✓ Respectful treatment ✓ Legal access & due process
Well-being	Emotional well-being	✓ Safety & security ✓ Positive experiences / success
	Physical well-being	✓ Health & nutritional status ✓ Recreation / physical exercise
	Material well-being	✓ Income / possessions

# Where do families fit in?



Emily would want us to consider her 'family systems' model and how.....**each child needs to be considered as an interconnected part of their family...**

**So how do we hear family voices on their QoL?**

**Emily Gardiner: UBC Vancouver**



Hello David.....  
this is  
interesting!

David  
Reynolds

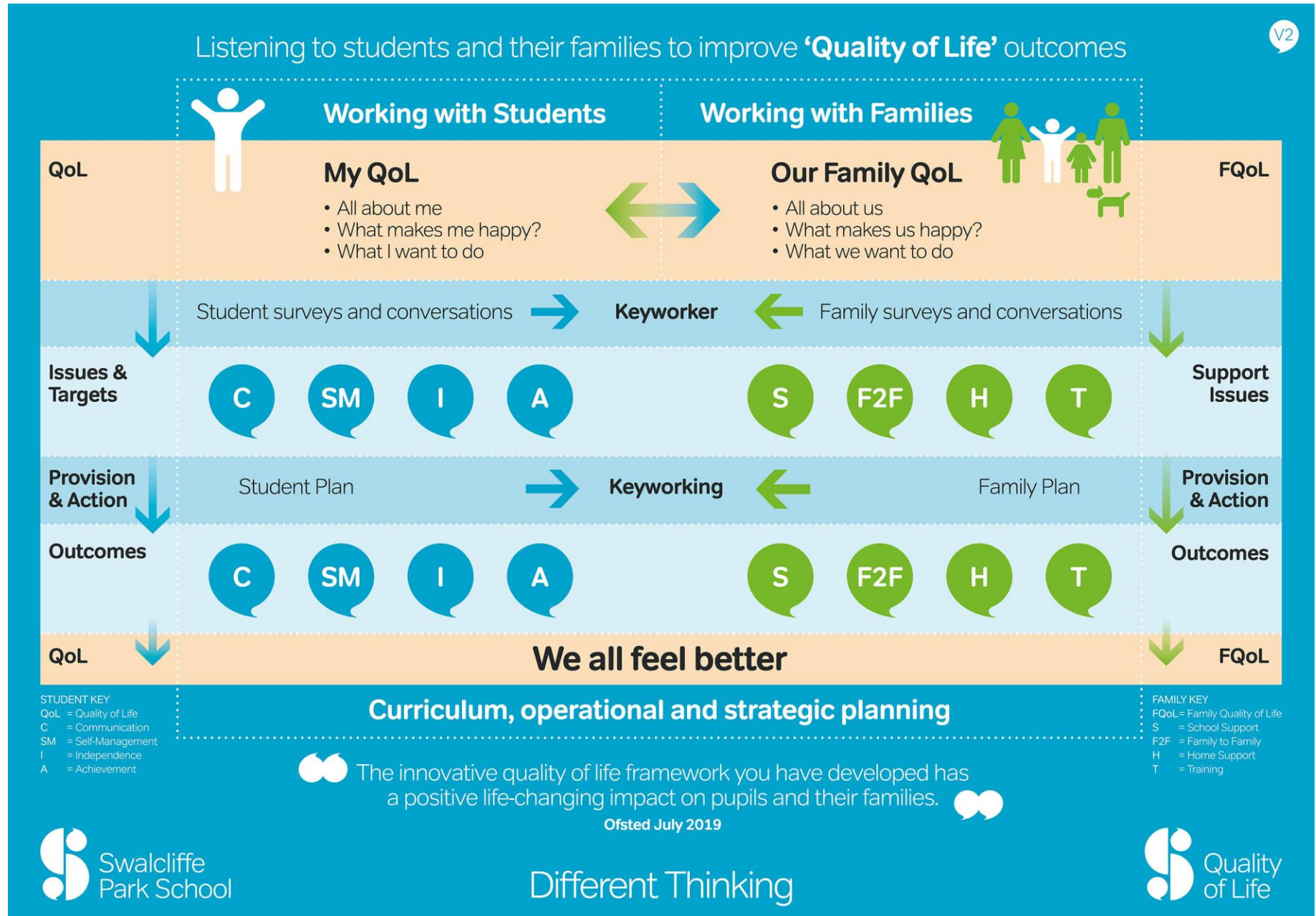
	Highly Reliable Organisations (HRO)
	<ul style="list-style-type: none"><li>• <b>Inter V intra</b></li><li>• <b>Small no of Goals: max 4</b></li><li>• <b>Common language</b></li><li>• <b>Common framework</b></li><li>• <b>Collect and use relevant data</b></li><li>• <b>Training</b></li></ul>

# Our QoL Framework

Why

How

What





# Keywording at the heart of everything we do



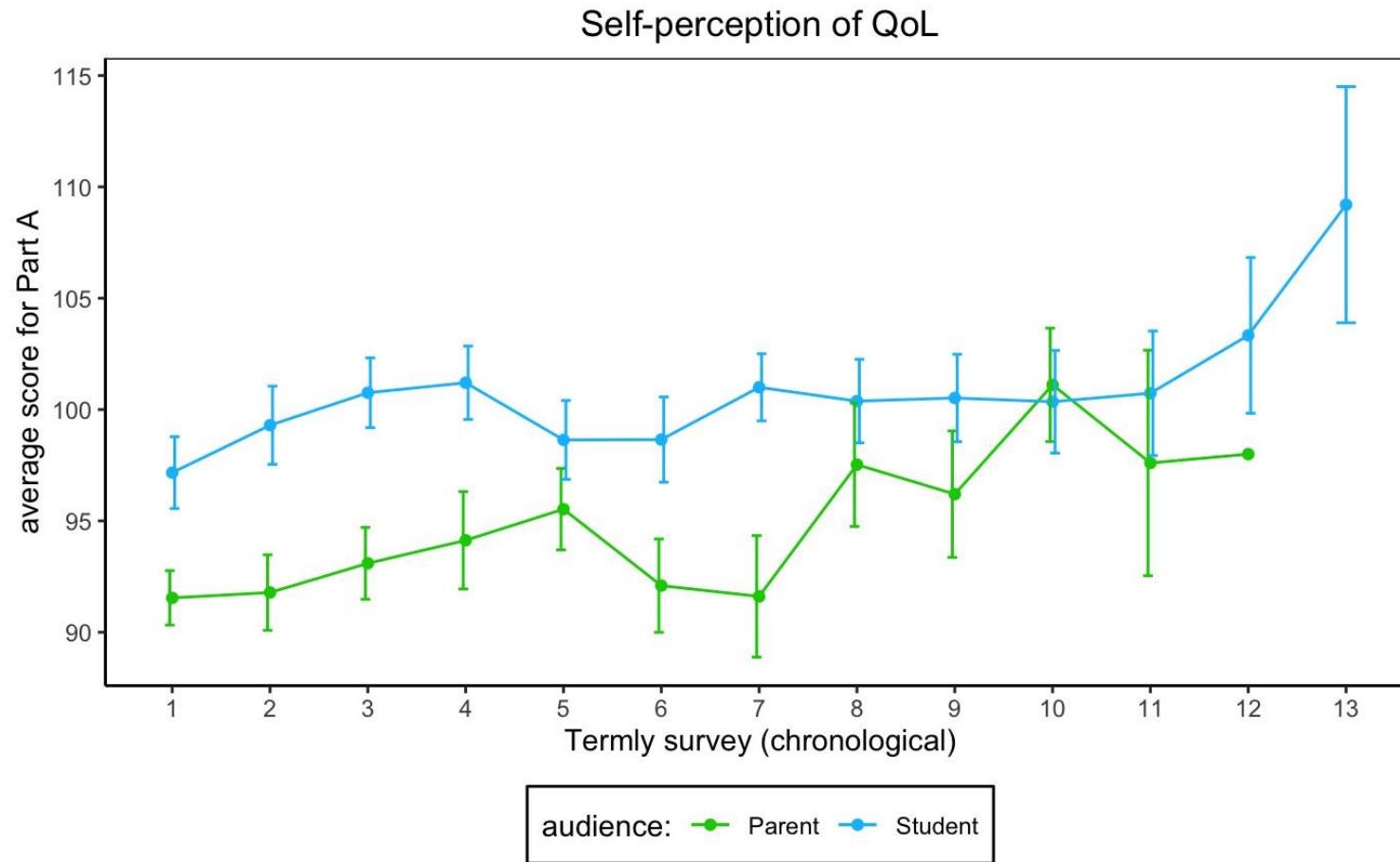
Part A:

	Survey 1 2019	Spring Survey 2020	Summer Survey 2020	Autumn Survey 1 2020
1. I am satisfied with my life	T	Moderately T	Slightly T	Slightly T
2. I feel stressed	T	Moderately T	Moderately T	Quite a bit T
3. I feel happy and content	T	Moderately T	Moderately T	Moderately T
4. I feel depressed or anx...	T	Slightly T	Very much T	Slightly T
5. I feel good about mysel...	T	Moderately T	Slightly T	Moderately T
6. I am satisfied with my c...	T	Very much T	Very much T	Moderately T
7. People are there for me...	T	Moderately T	Quite a bit T	Quite a bit T
8. I am satisfied with my s...	T	Quite a bit T	Quite a bit T	Moderately T
9. I am satisfied with my f...	T	Quite a bit T	Moderately T	Moderately T
10. I am satisfied with my ...	T	Not at all T	Not at all T	Not at all T
11. I am satisfied with wh...	T	Quite a bit T	Quite a bit T	Quite a bit T
12. I have enough money ...	T	Not at all T	Not at all T	Slightly T
13. I am satisfied with my ...	T	Not at all T	Not at all T	Moderately T
14. I am satisfied with my ...	T	Moderately T	Moderately T	Quite a bit T
15. I have a healthy lifestyle	T	Moderately T	Not at all T	Moderately T
16. I am satisfied with my ...	T	Quite a bit T	Moderately T	Quite a bit T
17. Health problems stop ...	T	Slightly T	Moderately T	Slightly T
18. I feel in control of my ...	T	Not at all T	Slightly T	Moderately T
19. I set and achieve goal...	T	Not at all T	Not at all T	Moderately T
20. I can make a plan of a...	T	Quite a bit T	Slightly T	Quite a bit T
21. I make my own decisi...	T	Very much T	Slightly T	Quite a bit T
22. I feel guilty	T	Slightly T	Quite a bit T	Slightly T
23. I am part of a commu...	T	Slightly T	Not at all T	Quite a bit T
24. I can get the support I...	T	Not at all T	Moderately T	Moderately T
25. I am able to get where...	T	Moderately T	Slightly T	Quite a bit T
26. I feel safe in my every...	T	Slightly T	Moderately T	Quite a bit T
27. I feel respected in my ...	T	Quite a bit T	Moderately T	Quite a bit T
28. I am satisfied with the ...	T	Slightly T	Quite a bit T	Moderately T

Part A:

	Survey 2019	Autumn Survey 1 2019	Spring Survey 2020	Summer Survey 2020
1. I am satisfied with my life	y T	Quite a bit T	Quite a bit T	Moderately T
2. I feel stressed	T	Moderately T	Slightly T	Slightly T
3. I feel happy and content	y T	Quite a bit T	Quite a bit T	Moderately T
4. I feel depressed or anx...	y T	Moderately T	Slightly T	Slightly T
5. I feel good about mysel...	T	Quite a bit T	Slightly T	Moderately T
6. I am satisfied with my c...	T	Moderately T	Quite a bit T	Quite a bit T
7. People are there for me...	y T	Slightly T	Quite a bit T	Moderately T
8. I am satisfied with my s...	y T	Moderately T	Slightly T	Slightly T
9. I am satisfied with my f...	T	Quite a bit T	Quite a bit T	Quite a bit T
10. I am satisfied with my ...	T	Slightly T	Moderately T	Moderately T
11. I am satisfied with wh...	T	Quite a bit T	Quite a bit T	Quite a bit T
12. I have enough money ...	y T	Moderately T	Moderately T	Moderately T
13. I am satisfied with my ...	T	Slightly T	Slightly T	Moderately T
14. I am satisfied with my ...	y T	Slightly T	Quite a bit T	Quite a bit T
15. I have a healthy lifestyle	y T	Moderately T	Moderately T	Moderately T
16. I am satisfied with my ...	T	Slightly T	Slightly T	Slightly T
17. Health problems stop ...	T	Moderately T	Slightly T	Slightly T
18. I feel in control of my ...	y T	Quite a bit T	Moderately T	Moderately T
19. I set and achieve goal...	T	Slightly T	Slightly T	Slightly T
20. I can make a plan of a...	T	Slightly T	Not at all T	Slightly T
21. I make my own decisi...	y T	Moderately T	Quite a bit T	Quite a bit T
22. I feel guilty	T	Slightly T	Slightly T	Slightly T
23. I am part of a commu...	T	Moderately T	Moderately T	Quite a bit T
24. I can get the support I...	T	Slightly T	Moderately T	Moderately T
25. I am able to get where...	y T	Quite a bit T	Quite a bit T	Quite a bit T
26. I feel safe in my every...	T	Moderately T	Quite a bit T	Quite a bit T
27. I feel respected in my ...	y T	Moderately T	Moderately T	Quite a bit T
28. I am satisfied with the ...	T	Quite a bit T	Quite a bit T	Quite a bit T





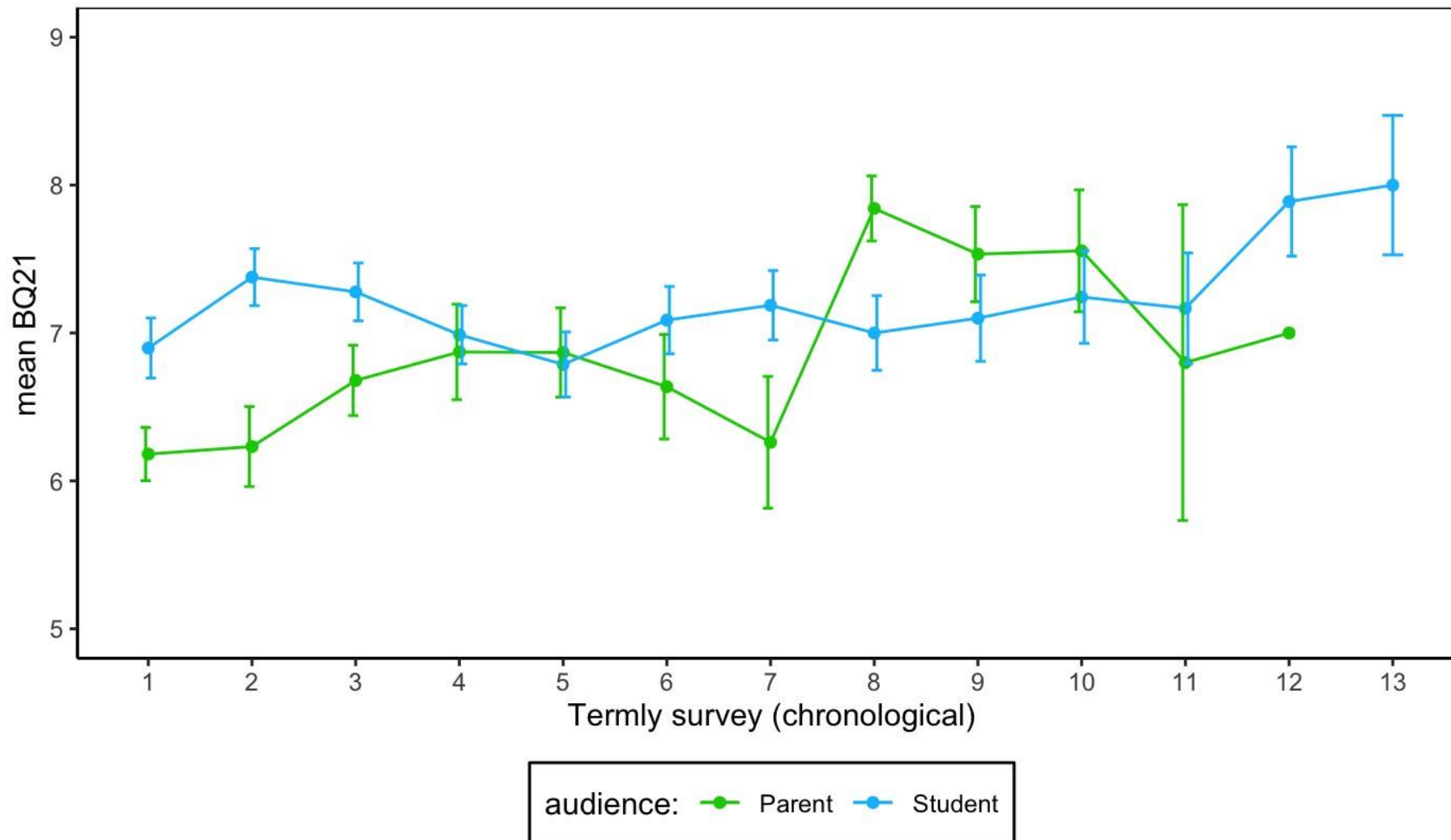
\*No family member has completed 13 chronological surveys therefore the final time point is missing.

# Self-perception of QoL





## Overall QoL rating 1-10

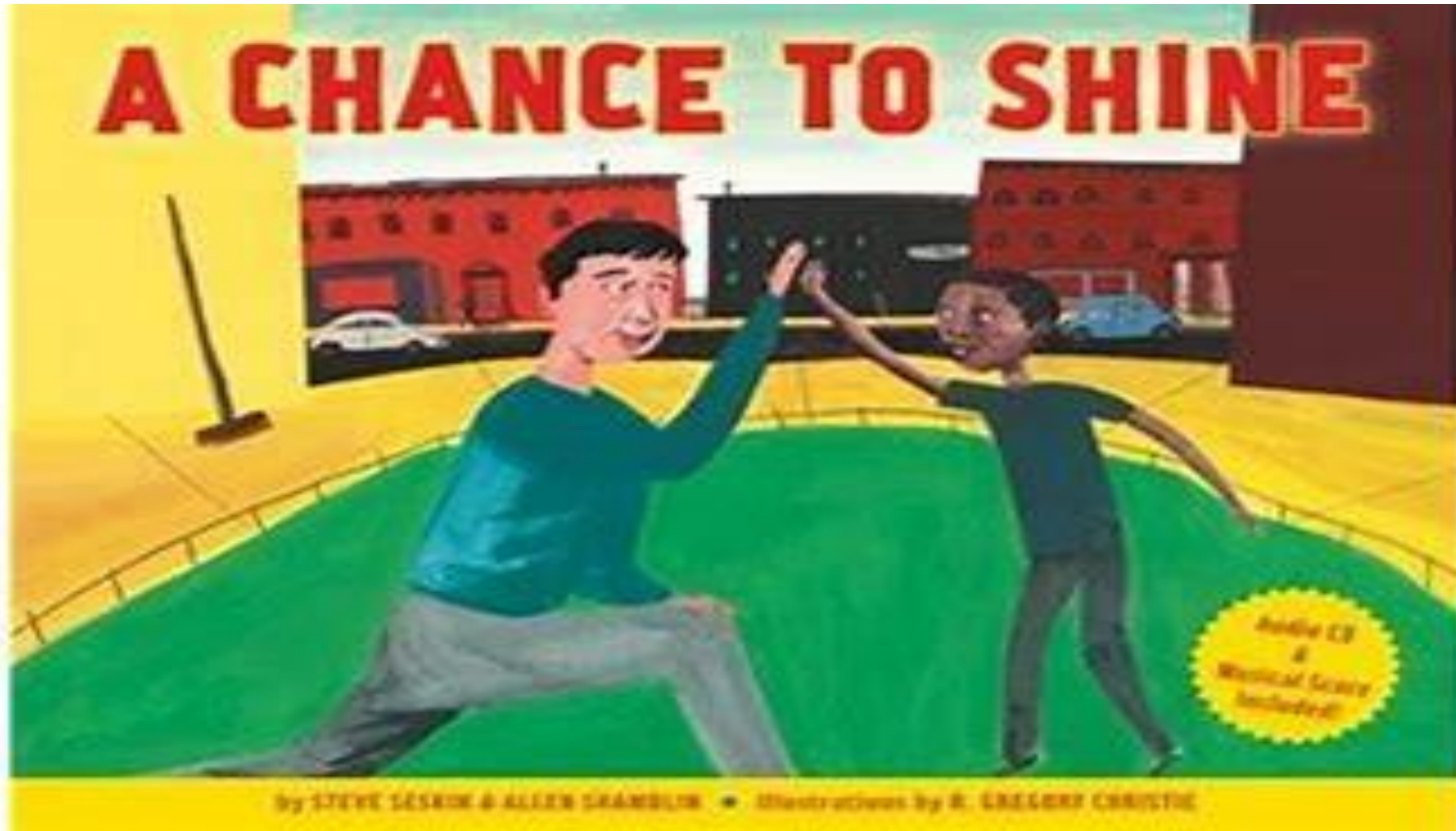


Overall QoL rating 1-10

Who  
decides  
what  
success  
looks like?

If this is our important  
data...then this is what we  
should be using to  
determine what success  
looks like for our students  
and families.....and  
therefore our schools.





If you  
want to  
know  
more....  
why not  
join the  
QoL  
network?



- **Group of schools interested in implementing the QoL framework**
- **Sharing resources and developing their practice**
- **Establishing sustainable networks**
- **Action research projects**
- **IT support and data analysis**



For more information please go to the  
'Quality of Life' section of our website  
[www.swalcliffepark.co.uk](http://www.swalcliffepark.co.uk)

or call Kiran on 01295 780302

I look forward to hearing from you

Swalcliffe Park School  
Swalcliffe, Banbury  
Oxfordshire OX15 5EP

01295 780302  
admin@swalcliffepark.co.uk  
swalcliffepark.co.uk

CIO Registered Charity No. 1173113  
DofE Approved Non-Maintained No. 931/7007

