

Appendix 10

Independence Glitter Jar

Glitter Jar



Add the glitter based on the scale!

Scale:

0 Tablespoons – Never 1 Tablespoon – Rarely 2 Tablespoons – Sometimes
3 Tablespoons – Often 4 Tablespoons – Always

Tick which glitters you added to your jar:

- Blue:** How involved are you in decision making?
- Green:** Do you feel you have a say on personal issues?
- Silver:** How much support do you get from others?
- Red:** How well do people communicate with you about your options?
- Gold:** How aware are you of your options after education?

How many teaspoons of each colour did you add and why?

| | |
|--------|--|
| Blue | |
| Green | |
| Silver | |
| Red | |
| Gold | |