

Personal Outcome Measures



An Easy English information sheet

This is about **Personal Outcome Measures** (POMs). Personal Outcome Measures are the way we measure how you are going with your goals and what you might need to meet them.



We have 5 categories of POMS and 21 POMs. We use POMs to help make what we do better.



The 21 Personal Outcome Measures are:

My Human Security



- I am safe



- I am free from abuse or neglect
- I look after my health



- I do not have lots of change in my life
- I have rights and am listened to



- I am treated fairly
- I am treated with respect



My Community

- I go out in my community



- I live in the community



- I spend time with other people
- I go to community events



My Relationships

- I get support from people around me



- I have friends



- I have relationships



- I have privacy and can choose to share information if I want
- I do different things with the people around me



My Choices

- I choose where I live and who I live with



- I choose where I work



- I choose the services I use



My Goals

- I make my own goals
- I meet my own goals



We will work with you to make your own POMs to meet your goals.

If you want to talk to somebody about POMS, you can:

- Call the Planning Team on **03 9212 0100**

Personal Outcome Measures



A Plain English information sheet

Personal Outcome Measures (POMs) are a defined set of measurements that assist us to track a participant's journey as they work towards achieving their own personal goals, identify where they may need further supports and celebrate their successes.

There are five Personal Outcome Measure domains. Within these domains are 21 measurements that help us to plan individually and support each person to achieve the outcomes they want.

As an organisation, Melba is accredited on the implementation of Personal Outcome Measures across all of our services and this helps us to improve our services across the state.

The 21 Personal Outcome Measures are;

My Human Security

1. People are safe
2. People are free from abuse and neglect
3. People have the best possible health
4. People experience continuity and security
5. People exercise rights
6. People are treated fairly
7. People are respected

My Community

8. People use their environments
9. People live in integrated environments
10. People interact with other members of the community
11. People participate in the life of the community

My Relationships

12. People are connected to natural support networks
13. People have friends
14. People have intimate relationships
15. People decide when to share personal information
16. People perform different social roles

My Choices

17. People choose where and with whom they live
18. People choose where they work
19. People choose services

My Goals

20. People choose personal goals
21. People realise personal goals

Our Melba Planning Team support all of our participants to develop and assess their own Personal Outcome Measures.

If you have any questions about Personal Outcome Measures, please contact our Planning Team on **(03) 9212 0100**.