

The SInQUE

Social Inclusion Questionnaire User Experience

What is the SInQUE?

It is an online questionnaire to help people become more involved with their community.

It is designed for use with people living in mental health supported accommodation.

It asks how you would like to be more included and can help you plan your care and support with staff.

What is the assessment like?

A staff member will go through the questions with you using a computer, mobile, or tablet.

The questions will be about different areas of your life, such as leisure activities, social life, and education/employment.

The whole thing takes about 15 or 20 minutes to complete and can be saved and returned to later, if you want a break.

What do I get from the assessment?

Once you have answered all the questions, the areas you said you would like more support with will be listed.

You can then pick up to three of these that you would like to focus on together with the staff member.

You can also go through the assessment again in the future to see whether things have changed.

The online SInQUE is free for use in health and social care services.

It is available here: www.sinque.org.uk