



Signal



Signal Dimensions & Indicators






Dimensions and Indicators

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Dimension: Income and Employment




1. Income above the Poverty Line

Dimension: Income & Employment	Indicator: Income above the Poverty Line	
Client version of indicator: We have enough income		
Definition: Household income is above the Poverty Line for the UK.		
		
I always have enough money for my needs.	I sometimes don't have enough money for my needs.	I never have enough money for my needs.


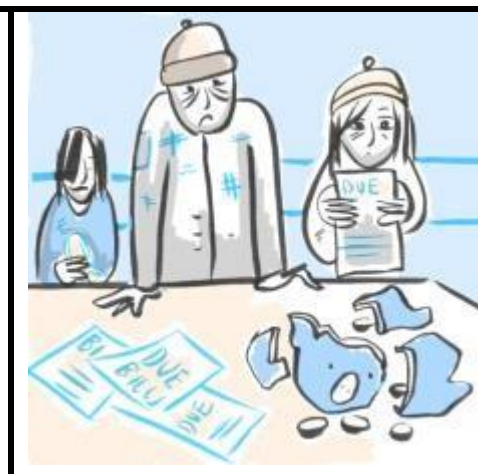

2. Stable Income

Dimension: Income & Employment	Indicator: Stable Income	
Client version of indicator: Our monthly income doesn't change		
Definition: Household income has not changed significantly in the past 6 months. A stable income promotes well-being, long-term planning and financial flexibility. A family's income should not vary greatly from month to month.		
		
<p>The amount of money I get every month is always the same.</p>	<p>The money I get every month sometimes changes.</p>	<p>The money I get goes up and down a lot. It's difficult for me to make any plans.</p>




3. Credit Access

Dimension: Income & Employment		Indicator: Credit Access
Client version of indicator: We can get credit		
Definition: The household can get credit at acceptable rates with good advice. The family understands the difference between credit for basic household goods and longer-term purchases.		
		
<p>I can borrow money from a bank if I need to.</p>	<p>It is quite hard to borrow money from a bank.</p>	<p>I can't borrow money from a bank.</p>




4. Family Savings

Dimension: Income & Employment		Indicator: Family Savings
Client version of indicator: We have savings		
Definition: Savings cover emergencies or unexpected events. The household does not have significant debt.		
		
I save money and can easily pay for things in an emergency.	I save some money but not very much.	I don't save any money.

5. Diversified Sources of Income




Dimension: Income & Employment		Indicator: Varied Sources of Income	
Client version of indicator: We have more than one source of income			
Definition: The household has different sources of income which are consistent.			
			
My source of income is always safe and secure.		My income is OK at the moment.	
			
		My income is not safe or secure.	

6. Personal Identification




Dimension: Income & Employment		Indicator: Personal Identification
Client version of indicator: We have ID		
Definition: All family members have proper and valid ID-documentation.		
		
<p>I have proper Identification such as a birth certificate or a passport which I can show when I have to.</p>	<p>I have Identification such as a birth certificate or a passport, but I don't know where to find them.</p>	<p>I don't have any Identification such as a birth certificate or a passport.</p>

Dimension: Housing and Infrastructure




7. Stable Housing

Dimension: Housing & Infrastructure		Indicator: Stable Housing
Client version of indicator: Our housing situation is secure		
Definition: The housing situation is secure and stable.		
		
<p>I can stay in my home as long as I like, or I can easily move if I want to.</p>	<p>I might not be able to stay in my home as long as I like.</p>	<p>I will have to leave my home even though I don't want to.</p>




8. Household Appliances

Dimension: Housing and Infrastructure	Indicator: Household Appliances	
Client version of indicator: We have essential household appliances		
Definition: The household has essential appliances, e.g.: fridge, freezer, washing machine or other.		
		
<p>I have things like a cooker, fridge and washing machine and they all work.</p>	<p>Some of my things, like my cooker, fridge or washing machine, are broken or I don't have all of these things.</p>	<p>Most of my things, like a cooker, fridge or washing machine, are broken or I don't have many of these things.</p>




9. Cooking Facilities

Dimension: Housing and Infrastructure		Indicator: Cooking Facilities
Client version of indicator: We have proper facilities to prepare food		
Definition: The household has all the proper facilities and equipment for proper food preparation		
		
<p>I have a kitchen and I can cook and store everything I need.</p>	<p>My kitchen is OK, but some things need fixing. I can't always cook or store everything I need.</p>	<p>I don't have a place to cook. I have to go somewhere else to do it or share a space with too many people in it.</p>




10. Access to Gas/Electricity

Dimension: Housing and Infrastructure		Indicator: Access to Gas/Electricity
Client version of indicator: We always have gas/electricity		
Definition: Members of the household have unrestricted access to gas and/or electricity.		
		
I have gas and electricity whenever I need it.	I have gas and electricity, but I can't use it all the time.	Sometimes I have no gas or electricity.




11. Safe Home

Dimension: Housing and Infrastructure		Indicator: Safe Home
Client version of indicator: We have a safe home		
Definition: Safe housing conditions.		
		
Everything in my home works safely. It is comfortable and clean.	Not everything in my home works safely. It is not totally comfortable or clean.	Nothing in my home works safely. It is not comfortable or clean.




12. Sanitation and Sewage

Dimension: Housing and Infrastructure		Indicator: Sanitation and Sewage
Client version of indicator: We have a proper bathroom		
Definition: The house has a proper bathroom.		
		
I have a nice bathroom and I feel comfortable in it.	I share a bathroom with others. Most of the time it is comfortable and clean.	I can't always use the bathroom when I need to. The bathroom needs many repairs.




13. Separate Bedrooms

Dimension: Housing and Infrastructure	Indicator: Separate Bedrooms	
Client version of indicator: We have separate bedrooms		
<p>Definition: Everyone in the household has their own living space in the house. Adequate housing provides: sufficient space, safety and privacy for every household member; it prevents overcrowding and sharing the same bedroom with: (a) an adult, (b) adolescents (> 12 to 18 years) and (c) children.</p>		
		
<p>My home is comfortable and I have my own space.</p>	<p>My home is OK but I don't always have my own space.</p>	<p>My home has too many people in it and I have no space of my own.</p>




14. Home Comforts

Dimension: Housing and Infrastructure	Indicator: Home Comforts	
Client version of indicator: We have the furniture we need		
Definition: The house has all the necessary facilities. Chairs, tables and beds ensuring the family can eat, rest, study or work comfortably. Fans and heaters or good ventilation ease the effect of hot or cold weather.		
		
<p>My home is comfortable. It has good furniture. I can work and relax in it.</p>	<p>My home is quite comfortable but it needs some new furniture. It is too messy to work and relax in.</p>	<p>My home is not comfortable. It doesn't have proper furniture. It is not comfortable to work and relax in.</p>




15. Reliable Transport

Dimension: Housing and Infrastructure	Indicator: Reliable Transport	
Client version of indicator: We have access to good transportation		
Definition: Members of the household have access to and can afford their own means of transport (car, motorcycle, bicycle), or public means of transport: bus, taxi (available hourly) to get about regularly.		
		
<p>It's easy for me to travel where I want to go. I can go by car or in a taxi or by bus or train.</p>	<p>Sometimes I can't travel where I want to go.</p>	<p>It's very difficult for me to travel where I want to go.</p>




16. Access to Shops and Services

Dimension: Housing and Infrastructure	Indicator: Access to Shops and Services	
Client version of indicator: We can access the shops we need		
<p>Definition: The household can access its preferred stores and local services easily. Not being able to access preferred shops due to isolation, or lack of those stores in the area, can mean overpriced products and limited choices.</p>		
		
<p>I can always get to the shops and services I need, for example food shops, clothes shops and the hairdresser.</p>	<p>I sometimes find shopping is difficult, for example it costs too much money or the shops are too far away.</p>	<p>I can't go shopping most of the time because it costs too much money or the shops are too far away.</p>




17. Communication

Dimension: Housing and Infrastructure		Indicator: Communication
Client version of indicator: We have a phone and internet access		
Definition: The household has access to affordable communication, including internet.		
		
I have a mobile phone and I can use the internet.	I have a mobile phone and I can use the internet, but sometimes I can't use them when I want to.	I don't have a mobile phone or the internet.




18. Security

Dimension: Housing and Infrastructure		Indicator: Security
Client version of indicator: We feel safe where we live and work		
Definition: Members of the household feel safe in their area of residence and work. Security is an essential part of any family's well-being.		
		
I feel safe where I live and work.	Sometimes I don't feel safe either where I live or where I work.	I don't feel safe where I live and work.

19. Clothing and Footwear




Dimension: Housing and Infrastructure	Indicator: Clothing and Footwear	
Client version of indicator: We have the clothing we need		
Definition: All members of the household have proper clothing and shoes for year-round conditions.		
		
<p>I have all the clothes and shoes I need. For example I have warm clothes for cold weather.</p>	<p>I have enough clothes and shoes, but I don't always have proper clothing, for example for cold weather.</p>	<p>I do not have proper clothes or shoes, especially for cold weather.</p>

20. Insurance




Dimension: Health and Environment		Indicator: Insurance
Client version of indicator: We have insurance		
Definition: The household has protection against unexpected events.		
		
<p>I have good insurance in case anything gets stolen or broken. Insurance is something that protects you. It means that if things get stolen or broken the Insurance Company will pay you to replace them.</p>	<p>I have some insurance, but I am not sure if it covers everything. If you have some Insurance it means that if things get stolen or broken the Insurance Company might not pay you to replace all the things.</p>	<p>I don't have any insurance. If you have no Insurance it means that if something gets stolen or broken you will have to pay to replace it yourself.</p>

Dimension: Health and Environment




21. Set Meals

Dimension: Health & Environment	Indicator: Set Meals	
Client version of indicator: We have plenty to eat		
Definition: Meals (breakfast, lunch, dinner) are not limited by insufficient or irregular income.		
		
I always have enough to eat.	I sometimes can't buy enough food for my needs.	I am often hungry because I can't afford to buy enough to eat




22. Eating a Nutritious Diet

Dimension: Health & Environment		Indicator: Eating a Nutritious Diet
Client version of indicator: We eat a healthy diet		
<p>Definition: A nutritious diet includes a range of balanced foods to ensure good health. A healthy balanced diet includes consuming sufficient amounts, weekly, of:</p> <ul style="list-style-type: none"> Dairy products or suitable alternatives. A variety of fruit and vegetables (5 a-day). Eggs, beans, meat or fish / other types of proteins. Potatoes, rice, pasta, cereals or other carbohydrates. 		
		
I eat lots of healthy food such as fish, fruit and vegetables.	I eat some healthy food such as fish, fruit and vegetables.	I don't eat healthy food. I don't eat fish, fruit or vegetables.




23. Health-Care Access

Dimension: Health and Environment		Indicator: Health-Care Access
Client version of indicator: We have access to health care		
Definition: Members of the household are registered with a local GP and use the service when needed.		
		
I see the doctor whenever I need to.	I don't always go to see the doctor when I should.	I haven't got a doctor. I don't go to the doctor when I'm sick.


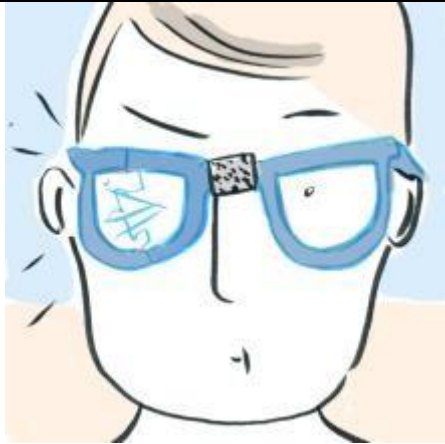

24. Personal Hygiene

Dimension: Health and Environment		Indicator: Personal Hygiene
Client version of indicator: We keep a good level of hygiene		
Definition: Members of the household have good, consistent hygiene practices.		
		
I keep clean every day by washing my hands, taking a bath or shower and brushing my teeth.	Sometimes I can't take a bath or shower. Sometimes I don't wash my hands or brush my teeth.	Often I don't take a bath or shower. Often I don't wash my hands or brush my teeth.




25. Sexual Health

Dimension: Health and Environment		Indicator: Sexual Health
Client version of indicator: We understand sexual health		
Definition: Members of the household are informed about their sexual and reproductive health.		
		
<p>I know about sexual health and family-planning. I know how to use contraceptives like condoms and the pill.</p>	<p>I know about sexual health and family-planning. I can get contraceptives like condoms and the pill, but don't always use them.</p>	<p>I don't know about sexual health and family-planning. I don't know how to get contraceptives like condoms and the pill.</p>




26. Eyesight

Dimension: Health and Environment		Indicator: Eyesight
Client version of indicator: We have good eyesight or glasses		
Definition: The family understands the importance of eye-care and has access to it. It knows how to use it and has healthy eyesight.		
		
I get my eyes checked every year.	I know how to get my eyes checked but I don't get them checked every year.	I need to get my eyes checked but I don't know how to do it.




27. Dental Care

Dimension: Health and Environment		Indicator: Dental Care
Client version of indicator: We visit the dentist regularly		
Definition: The household understands the importance of dental care; has access and knows how to use it.		
		
I see the dentist every 6 months.	The last time I saw the dentist was over 6 months ago.	I need to see a dentist, but I don't know how to get to see one.




28. Vaccinations

Dimension: Health and Environment		Indicator: Vaccinations
Client version of indicator: We are up to date with vaccinations		
Definition: The household understands the importance of immunisation, and all family members have been properly vaccinated.		
		
<p>I have had all my vaccinations. I know how this will keep me healthy.</p>	<p>I need some vaccinations but I have decided not to get them.</p>	<p>I haven't been vaccinated for some things. I don't know what to do about it.</p>

29. Rubbish Disposal




Dimension: Health and Environment		Indicator: Rubbish Disposal
Client version of indicator: We manage our rubbish well		
Definition: Correct disposal of the waste generated in the household.		
		
All my rubbish is collected. I know how to recycle my rubbish.	I have rubbish bins, but I don't know how to recycle. The rubbish is not always collected when it should be.	It is very difficult for me to get rid of my rubbish. Rubbish isn't often collected.

30. Clean Environment




Dimension: Health and Environment		Indicator: Clean Environment
Client version of indicator: Our neighbourhood is free of pollution		
Definition: The household is safe from pollution of any kind.		
		
The area where I live is always clean. The air is fresh.	The area where I live is not always clean. The air is not always fresh.	The area where I live is dirty. The air is not fresh.

Dimension: Education and Culture




31. Literacy

Dimension: Education & Culture		Indicator: Literacy
Client version of indicator: We can read and write in English		
Definition: All members of the household can read and write in English at appropriate levels, e.g. can write a CV or a work-report.		
		
I can read and write well.	I can read and write well, but sometimes I need help.	I find it hard to read and write.




32. Children Enrolled in and Attending School

Dimension: Education & Culture	Indicator: Children Enrolled in and Attending School	
Client version of indicator: Our children attend school		
Definition: All household members of schooling age attend school.		
		
<p>I have children under 18 who go to school and will pass their exams.</p>	<p>I have children under 18 who might not finish school and might not pass their exams.</p>	<p>I have children under 18 who are not going to school when they should be.</p>




33. Knowledge and Skills to Generate Income

Dimension: Education & Culture		Indicator: Knowledge and Skills to Generate Income
Client version of indicator: We know how to get a job or make money		
Definition: Having necessary skills to be able to access employment or generate income.		
		
<p>I have skills and the right support to find a job or start a business.</p>	<p>I have some skills or some support to get a job or start a business. I need some more help.</p>	<p>I have no skills or support to get a job or start a business. I don't know where to get help.</p>




34. Planning and Budgeting

Dimension: Education & Culture		Indicator: Planning and Budgeting
Client version of indicator: We have a budget		
Definition: The household plans, budgets, and spends according to their income.		
		
I am careful with my money and never spend too much.	I am usually careful with my money but sometimes I spend too much.	I find it very hard not to spend too much because I only have a small amount of money.




35. Communication and Social Capital

Dimension: Education & Culture		Indicator: Communication and Social Capital
Client version of indicator: We have good friendship groups		
Definition: Safe and broad social network.		
		
I have friends who I enjoy being with and who help me get on in life.	I have friends that I quite like being with but they don't help me very much.	I don't really have any friends and the people I know don't make me feel good about myself.




36. School Supplies and Books

Dimension: Education & Culture		Indicator: School Supplies and Books
Client version of indicator: Our children have school supplies		
Definition: Household members of school-going age have access to the necessary supplies to participate fully at school.		
		
<p>My children have all the uniforms and school books they need.</p>	<p>My children have some uniforms and school books they need.</p>	<p>My children don't have the uniforms or school books they need.</p>




37. Access to information

Dimension: Education & Culture	Indicator: Access to Information	
Client version of indicator: We are well informed		
Definition: Members of the household have access to media to inform and entertain themselves. They are news-aware.		
		
I can get all the news and entertainment I need.	I can sometimes get news and entertainment.	I don't get news and entertainment.




38. Entertainment and Recreation

Dimension: Education & Culture		Indicator: Entertainment and Recreation
Client version of indicator: We get involved in activities		
Definition: Every member of the household has access to recreational activities, at least on a weekly basis.		
		
I often do things for fun with other people.	I sometimes do things for fun with other people.	I don't do things for fun with other people.




39. Cultural Traditions and Heritage

Dimension: Education & Culture		Indicator: Cultural Traditions and Heritage
Client version of indicator: We value our culture		
Definition: The household values and recognises cultural traditions and has a feeling of belonging.		
		
I fit in well with other people from all different backgrounds.	I sort of fit in with others, but sometimes I feel shut out.	I don't fit in with others.

40. Respect for Diversity




Dimension: Education & Culture	Indicator: Respect for Diversity	
Client version of indicator: We respect differences		
Definition: Members of the household respect and value cultural diversity. They treat people equally [who do not share their beliefs (sexual, religious, cultural, etc.)].		
		
<p>I like people who are different to me and I treat everyone the same.</p>	<p>I don't always like people who are different to me. Sometimes I treat them unfairly if their ideas are different to mine.</p>	<p>I don't like people who are different to me.</p>

41. Human-Rights' Awareness




Dimension: Education & Culture	Indicator: Human-Rights' Awareness	
Client version of indicator: We respect human rights		
Definition: All members of the household know and respect human rights. They act to be respected as well.		
		
<p>I feel that people respect me for who I am.</p>	<p>Sometimes I feel that people respect me for who I am but sometimes I feel I am being treated badly.</p>	<p>I often feel that people don't respect me for who I am. I often feel I am being treated badly.</p>

Dimension: Organisation and Participation

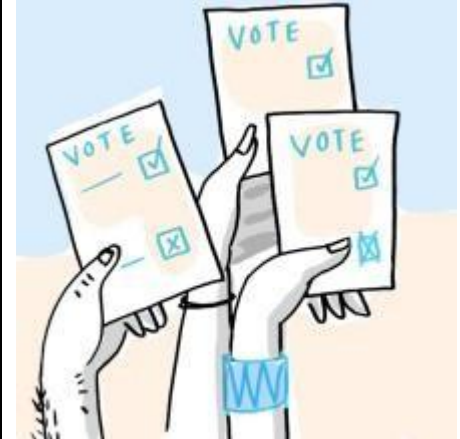


42. Participation in Group Activities

Dimension: Organisation & Participation	Indicator: Participating in Group Activities	
Client version of indicator: We are actively involved in [groups] group-participation		
Definition: Group-participation outside the home. Household members form a group of people who share a problem or common need where they can express support and feel supported, e.g., neighbourhood groups, church fellowship, committees, parent groups, social groups, clubs, etc.		
		
I join groups and I enjoy it when we help each other.	I sometimes join groups, but I don't really get involved.	I don't belong to any groups.




43. Public-Sector Influence

Dimension: Organisation & Participation		Indicator: Public-Sector Influence
Client version of indicator: We know how to petition		
Definition: The household has the capacity to get organised and ask authorities for a solution to the problems that affect their local community. They know and use the proper channels.		
		
<p>I know how to contact the Council if I see a problem in my community.</p>	<p>I'm not sure how to contact the Council if I see a problem in my community.</p>	<p>I don't know how to contact the Council and I think it's a waste of time.</p>

44. Registered to Vote and Voting




Dimension: Organisation & Participation	Indicator: Registered to Vote and Voting	
Client version of indicator: We vote in elections		
Definition: All members of the household are registered to vote and they do it regularly.		
		
<p>I am registered to vote. I always vote in elections.</p>	<p>I am registered to vote. I don't always vote in elections.</p>	<p>I am not registered to vote. I am not interested in elections.</p>

45. Problem- and Conflict-Solving



Dimension: Organisation & Participation		Indicator: Problem-and Conflict-Solving
Client version of indicator: We solve our own problems		
Definition: Assertive approach to problem-solving or making changes to improve the quality of life for family, friends and neighbours.		
		
When I see problems around me, I sort them out.	When I see problems around me, sometimes I sort them out. Sometimes I wait for other people to sort them out.	When I see problems around me, I always wait for other people to sort them out.

Dimension: Identity and Motivation




46. Needs-Awareness/ Life-Map

Dimension: Identity & Motivation	Indicator: Needs-Awareness/ Life-Map	
Client version of indicator: We know how to plan for the future		
Definition: The household is aware their needs go beyond the basic needs of food, housing, etc. and plans for this.		
		
<p>I think about the future and know how to improve my life.</p>	<p>I think about the future but I don't know how to make things happen.</p>	<p>I don't think about the future. I don't think I can change anything in my life.</p>




47. Self-Confidence and Self-Esteem

Dimension: Identity & Motivation	Indicator: Self-Confidence and Self-Esteem	
Client version of indicator: We believe in self-worth		
Definition: The household has self-worth. Its confidence is reflected externally, internally, and in relationships with their social groups, societal rules, or in their personal goals and standards.		
		
<p>I feel confident in lots of different situations.</p>	<p>Sometimes I feel confident but sometimes I am nervous in new situations.</p>	<p>I don't feel confident. I don't like new situations.</p>




48. Moral Conscience

Dimension: Identity & Motivation		Indicator: Moral Conscience
Client version of indicator: We consider others when making decisions		
Definition: The ability to make appropriate decisions, respect people, the family and the community.		
		
When I make decisions I think about the feelings of my friends and family.	I am happy to go along with decisions that other people make.	I only do what I like and I don't care about how others feel.




49. Emotional Intelligence

Dimension: Identity & Motivation	Indicator: Emotional Intelligence	
Client version of indicator: We control our emotions		
Definition: Awareness of their emotions and those of others; ability to relate to others, experiencing a wide range of emotions. Awareness to manage relationships with thoughts, words and actions. Awareness of strengths and weaknesses; motivation to achieve goals.		
		
<p>I know how to behave with other people.</p>	<p>I think I know how to behave with other people. Sometimes I find it hard and it makes me anxious.</p>	<p>I don't know how to behave with other people. I do things without thinking about others.</p>




50. Self-Expression

Dimension: Identity & Motivation	Indicator: Self-Expression	
Client version of indicator: We have good self-perception		
Definition: People value themselves and are mindful of self-expression. They have individual criteria of beauty and art, and endeavour to positively apply them to themselves and their community.		
		
<p>I feel good about myself. I like the way I look. I like it when others look good too.</p>	<p>I like how other people look but I feel too shy and embarrassed to make myself look good.</p>	<p>I don't feel good about myself. I don't like how I look. I don't care how other people look.</p>




51. Readiness/Desire to Develop Skills and Knowledge

Dimension: Identity and Motivation	Indicator: Readiness/Desire to Develop Skills and Knowledge	
Client version of indicator: We look to learn new skills		
Definition: Members of the household desire to learn or improve their skills and knowledge.		
		
I like to learn new things.	I would like to learn new things, but I sometimes I don't know how to.	I don't want to learn anything new.




52. Household Violence

Dimension: Identity and Motivation		Indicator: Household Violence
Client version of indicator: We don't have violence in our house		
Definition: Any kind of violence against any member of the household. This can be physical: physical violence, sexual abuse, isolation; or psychological, e.g.: emotional abuse, e.g. jeering, ridicule, humiliation; or economic: not allowing women to work or manage their own money, stealing their money.		
		
Nobody is hurting me or being unkind and I feel safe.	Someone has hurt me or been unkind to me but it has stopped and now I am OK.	Someone is hurting me or being unkind to me and I can't get help.

53. Entrepreneurial Spirit

Dimension: Identity and Motivation		Indicator: Entrepreneurial Spirit
Client version of indicator: We have goals and aspirations		
Definition: The person positively - not negatively - seeks to solve situations. He/she learns from mistakes and keeps trying to realise his/her idea. He/she spreads enthusiasm to achieve goals and generate commitment with others. This is true for various aspects of life, e.g. social, personal, work.		
		
<p>I have things I want to do in the future. I know how to make them happen.</p>	<p>I have things I want to do in the future, but I don't know how to make them happen.</p>	<p>There is nothing I want to do in the future. I don't want to change.</p>

54. Autonomy

Dimension: Identity and Motivation	Indicator: Autonomy	
Client version of indicator: We know how to make decisions		
<p>Definition: All the household members actively participate in the decision-making process. They make their own decisions in the areas that affect them personally: voting, sexual orientation, event-participation, religious practice, etc.).</p>		
		
<p>I can make all of my own decisions.</p>	<p>I make decisions but sometimes I let other people decide for me.</p>	<p>I never make my own decisions because other people make them all for me.</p>

