

NDTi

Wellbeing

Measurement Framework

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Contents

NDTi Wellbeing Questions Framework.....	3
Development of the NDTi Wellbeing Questions Framework.....	3
Wellbeing domains and measures	4
Application of the Wellbeing Questions Framework	5
Frequently asked questions.....	5

This questions framework can be used alone or with our data collection tool which helps to understand this impact. Used together this strengths-based toolkit can help you to:

- Understand how well you are doing.
- Work out the economic social value of prevention linked to wellbeing and a reduction in use of services.

If you have any questions about this framework or would like to talk to us about the data collection tool, please contact CLS-Team@ndti.org.uk

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NDTi is an independent not for profit organisation that has worked alongside people, communities, policy makers, support organisations and services for over 30 years. Through our change and development work, research and evaluation and best practice examples, we inspire and support policymakers, services and communities to change lives and save money.

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NDTi Wellbeing Questions Framework

The NDTi Wellbeing Questions Framework is designed to measure key aspects of wellbeing that are directly relevant to social care and broader quality-of-life considerations. This framework provides a structured approach to understanding how individuals perceive their emotional, social, and environmental well-being, enabling informed decision-making across statutory and non-statutory services, including health, social care, housing, leisure, and community support, whether public services, voluntary and community organisations, or the wider social infrastructure which supports people to live well.

Development of the NDTi Wellbeing Questions Framework

The definition of wellbeing used in this framework has been aligned to various statutes of health and social care across England, Wales, Scotland, and Northern Ireland as well as relevant European social policies and approaches. We have also consulted with partners and individuals to understand key elements of wellbeing. This approach ensures that the framework is consistent with national policy and service objectives, while also being person-centred and outcomes focused in its intent.

Alongside application across different populations and contexts, we believe that this framework offers an opportunity to track wellbeing across the life course. This provides valuable insights into the effectiveness of public services, health interventions, prevention strategies, and the strength of community support networks.

Wellbeing is recognised as a reliable indicator of prevention, productivity, and personal resilience. By measuring wellbeing effectively, we can assess and value improvements in this area in both social and economic terms, demonstrating the broader impact of services, policies, practice and environment on an individuals' wider resilience, happiness and quality of life.

The first five questions in this framework have been developed to capture core domains of wellbeing that are particularly relevant to individuals interacting with social care and community services. These questions are informed by an understanding of factors that contribute to individual resilience, personal independence, and meaningful connections. By incorporating a structured rating system, this framework allows for consistent data collection and meaningful comparisons across different populations and contexts.

The sixth question, "Overall, how satisfied are you with your life nowadays?", is an Office for National Statistics (ONS) measure. While included for its relevance and widespread recognition, we do not claim ownership over this question.

Wellbeing domains and measures

The framework consists of six key domains, each assessed through a structured question designed to capture individual perceptions.

1. Emotional well-being

Reflects emotional and mental health, which are central to resilience and contentment.

Question: Overall, how well do you feel you've been coping with day-to-day challenges?

2. Social connection

Highlights the importance of relationships and social integration, aligning with personal relationships and community participation.

Question: How connected do you feel to those important to you?

3. Autonomy and control

Reflects personal empowerment and decision-making control in daily life.

Question: How much control do you feel you have over decisions that affect your daily life?

4. Physical and environmental stability

Focuses on safety, including living conditions and wider environment. This question does not refer to any specific accommodation or community space but rather allows respondents to determine the context of their own response.

Question: Overall, how safe or unsafe do you feel in your day-to-day life?

5. Access to support and resources

This question is designed to understand an individual's ability access the things they need to live a good life which may include community, friendships, statutory services or other public resources.

Question: How easy is it to access the support you need to do the things you enjoy?

This framework also makes use of the Office of National Statistics life satisfaction question which is an agreed method of gauging the economic value of wellbeing.

6. Life satisfaction (general) – ONS measure

This measure provides an overarching assessment of personal well-being. It is an established question from the Office for National Statistics (ONS) and is included here for alignment with broader wellbeing assessments.

Question: Overall, how satisfied are you with your life nowadays?

Application of the Wellbeing Questions Framework

The Wellbeing Questions Framework is designed for use in research, evaluation, and service development to understand and track wellbeing trends over time. While the first five questions represent proprietary intellectual property, the inclusion of the ONS measure ensures compatibility with wider datasets used in national and international well-being research.

This structured approach allows for a comprehensive yet practical method to assess wellbeing, informing policy decisions and improving support for individuals engaging with health and social care services.

Frequently asked questions

Q How do I obtain permission to use the NDTi Wellbeing Questions Framework?

Any use of the Wellbeing Questions Framework, associated guidance, and tools must acknowledge NDTi's copyright and intellectual property (IP). If you include the Wellbeing Questions Framework in a questionnaire with other questions or tools, you are required to reference this accordingly. We can assist you in

ensuring permission of use and originating copyright and IP are clearly communicated in your work.

Q What support is available to me if I want to use the NDTi Wellbeing Questions Framework?

Please contact us for assistance on CLS-Team@ndti.org.uk .

Q Do I have to pay to use the NDTi Wellbeing Questions Framework?

No, but please acknowledge NDTi with each use of the framework and its questions.

Q Can I make changes to the questions or wording?

We advise you not to change the questions or wording.

Q Do I need to use all the NDTi Wellbeing Questions Framework questions?

No.

Q Can I add additional questions to the NDTi Wellbeing Questions Framework and call this a new measure?

No. Any use of the Wellbeing Questions Framework in part, or in whole, must acknowledge NDTi's copyright and intellectual property rights. If you include the Wellbeing Questions Framework in a questionnaire with other questions, you are required to reference this accordingly.

Q Can I put the NDTi Wellbeing Questions Framework into a longer interview?

Yes.