

GLOBE STAR

“Mentoring a Spirit of Gentleness”



Quality of Life Value Assessment

Name: _____

Date: _____

Assessor: _____

QUALITY OF LIFE VALUE ASSESSMENT

The Quality of Life Value Assessment is a tool for the caregiver to identify what is important to the individual who is receiving services by evaluating the eight human values and the life experiences that have been a part of those values. This assessment should be completed at the beginning of services and annually. Part One of the assessment looks at the past by seeking how each value has played a role in the life of the individual. The second part evaluates the present Quality of Life. It seeks out the possibilities and vulnerabilities of the marginalized individual. The final part, Part Three, determines what specific activities that the individual needs assistance. It is important that each section is completed by people who know the individual well. Family and friends, along with the individual and the caregivers should complete this together to achieve a comprehensive look at the life of the individual. After the assessment has been completed, a Personal Support Plan can be created for the individual. This plan is a guide for caregivers to best provide personal assistance services by utilizing the strengths and talents of the individual and respecting the vulnerabilities and barriers that exist in the life of the individual.

Part One: THE LIFE STORY (THE PAST)

Directions: The first step is to describe the life story of the individual and to understand how this life story reflects on the person's quality of life. We try to describe the life story related to the eight basic values of quality of life. We describe the life story together with the individual and the friends or family from his/her past. One of the most difficult things in telling the person's life story, related to his/her quality of life is that we sometimes have to interpret how the individual might have experienced some facts of life. This means it includes both positive and negative life experiences. Also, it may, and often will be, that a particular event in an individual's life has had impact on more than one basic value. It is important to connect the event to all the related basic values, because that makes it even more clear how the event did influence the individual's overall quality of life. Describing the life story is a very intimate activity. We go into an individual's life and write important facts down on paper. On the one hand, it may be important, also for other caregivers, to know the most important fact of an individual's life, on the other hand we have to protect the individual's right to privacy. There is no method that tells us what we should and what we should not write down. As a caregiver we need to follow our own conscience. If more space is needed, please write on the back of the assessment.

1. Bodily Integrity (being healthy, being decently clothed, being clean, being well fed, etc.)

Please describe any concerns or information on the individual's past health:

Please describe any past concerns or issues with personal hygiene:

Please describe how the individual's self help skills have improved/declined in the past:

Please describe any past concerns or issues with the individual's diet and exercise:

What hospitalizations or treatments has the individual received in the past:

Additional information regarding the individual's past bodily integrity:

2. Feeling Safe (wanting to be with others, not being afraid of people with whom you live, not being afraid to go outside, feeling relaxed in interactions with others, etc.)

Please describe past living arrangements:

Please describe how the individual has related to others in the past:

Please describe important relationships with family and friends the individual has maintained in the past:

Please describe what things or people the individual has been afraid of in the past:

Please describe events where the individual has displayed courage in the past:

Additional information regarding the individual's past feeling safe:

3. Feeling Self-Worth (seeing oneself a good, being recognized as a person, feeling pride, expressing personal gifts and talents)

What has been the self-image of the individual in the past:

What past personal belongings are valuable to the individual:

Please describe the past mental health of the individual:

How has the individual expressed their talents in the past:

Additional information regarding the individual's past self worth:

4. Having a Life Structure (sensing a life-plan, having daily routine, having your own rituals and beliefs)

Please describe any changes that have occurred in the daily routine for the individual in the past:

Please describe some of the past activities that the individual has experienced and what was the reaction:

Additional information regarding the individual's past life structure:

5. A Sense of Belongingness (having a close circle of friends, loving others and being loved by others, having a home, feeling companionship)

Please describe past experiences in the community for the individual:

Please describe how the individual has related to others close to him/her:

Please describe how the individual has expressed their feelings in the past:

Please describe what the individual's past homes have been like:

Additional information regarding the individual's past sense of belongingness:

6. Social Participation (being able to have contact with the community, living between others, partaking of community-life)

Please describe the individual's past experiences in the community:

Please describe what activities the individual has enjoyed in the past:

Please describe what activities the individual has avoided in the past:

Additional information regarding the individual's past social participation:

7. Having meaningful daily activities (enjoying one's daily activities, having activities which fit in your life-plan)

What activities has the individual participated in the past:

How has the individual identified their life plan in the past:

What sports or hobbies has the individual participated, in the past:

Additional information regarding the individual's past meaningful activities:

- visits the doctor regularly
 - eats a balanced diet
 - uses the bathroom
 - is able to manage a menstrual cycle
 - is safe from physical harm
 - sleeps through the night
 - bathes regularly
 - does the laundry
 - avoids smoking
 - takes medication when needed
 - visits the dentist routinely
 - is free from bruises or marks
 - takes pride in appearance
 - other(s)
-
-

- refuses medications
 - doesn't wear deodorant
 - is unable to use the bathroom
 - is unable to manage a menstrual cycle
 - doesn't brush teeth
 - other(s)
-
-

Additional Comments/Concerns:

2. Feeling Safe (wanting to be with others, not being afraid of people with whom you live, not being afraid to go outside, feeling relaxed in interactions with others, etc.)

Possibilities

- moves around freely
- has friends
- handles stress
- communicates
- smiles upon seeing caregivers
- smiles upon seeing peers
- communicates as a friend
- holds head high
- is relaxed
- waits patiently
- reaches out to others in need
- enjoys doing activities with others
- shows pride in self, family and others
- enjoys school, home, work
- has friends
- enjoys gentle touch
- listens attentively
- is calm during conversation
- gives feedback
- asks questions
- follows caregivers advice
- maintains eye contact
- other(s)

Vulnerabilities

- looks tense
- casts head down
- avoids gaze
- is sluggish
- looks sad or lost
- hits others
- hurts self
- avoids touch
- throws objects
- hordes possessions
- yells or curses
- takes others possessions
- acts tough
- speaks disrespectfully
- is a loner
- flinches when touched
- self-stimulates
- ignores others
- rebels
- obsesses in conversation
- doesn't maintain eye contact
- has a look of emptiness in their gaze
- looks down

other(s)

Additional Comments/Concerns:

3. Feeling Self-Worth (seeing oneself as a good, being recognized as a person, feeling pride, expressing personal gifts and talents)

Possibilities

- sees self as a good person
- cleanly dressed and groomed
- takes pride in accomplishments
- shares accomplishments
- is not easily frustrated
- is motivated
- shows companionship
- has a circle of friends
- shares
- wants to help
- thinks of others' feelings
- encourages others
- other(s)

Vulnerabilities

- poorly groomed
- poorly dressed
- is discouraging to self and others
- complains
- is irritable
- eats too much
- hurts self
- sleeps too much or too little
- isolated from human contact
- obsesses with material possessions
- addicted to drugs or alcohol
- appears detached and disengaged
- rebels against requests
- fears physical contact
- seldom reaches out
- is depressed
- is jealous
- has little connection with family/friends
- gets a feeling of personal worth from possessions instead of people
- other(s)

Additional Comments/Concerns:

4. Having a Life Structure (sensing a life-plan, having daily routine, having your own rituals and beliefs)

Possibilities

- goes to religious ceremonies

Vulnerabilities

- avoids others

- has a meaningful routine
 - has a social life
 - has a circle of friends
 - has a sense of home
 - manages own daily routine
 - requires minimal caregiver support
 - needs on-going counseling
 - needs other therapies (speech, occupational, physical, adaptive equipment)
 - needs medication to treat mental illness
 - needs medication to treat mental illness
 - participates in community life
 - can reach out to those who are troubled
 - has dreams and longings
 - expresses ideas well
 - other(s)
-
-

- needs a stable daily routine
 - needs caregivers as initial circle of friends
 - needs constant self-care
 - needs help preventing danger to self
 - needs help preventing danger to others
 - requires care that exceeds the ordinary
 - needs on-going counseling
 - needs other therapies (speech, occupational, physical, adaptive equipment)
 - needs medication to treat mental illness
 - other(s)
-
-

Additional Comments/Concerns:

5. A Sense of Belongingness (having a close circle of friends, loving others and being loved by others, having a home, feeling companionship)

Possibilities

- has a sense of “my home”
 - has a sense of family
 - has a sense of community
 - smiles when being smiled at
 - lingers with the caregiver
 - communicates warmly with others
 - participates with the caregiver
 - participates with others
 - helps others
 - shares possessions
 - shares feelings
 - touches others softly
 - waits turn
 - enjoys being with others
 - shows no racism or classism
 - other(s)
-
-

Vulnerabilities

- has little family involvement
- has no sense of home
- does not enjoy going out
- rejects loving touch
- rejects warm gazes
- rejects kind words
- rejects help
- acts out when given affection
- avoids affection
- seldom smiles
- seldom reaches out
- prefers things to people
- does not participate with caregivers or peers
- refuses to help others
- demands excessive attention
- dresses and acts excessively
- hordes possessions
- has to have things her/his way
- obsesses
- engages in violence
- engages in racist language and attitudes

- refuses to share
- clings inconsistently
- other(s)

Additional Comments/Concerns:

6. Social Participation (being able to have contact with the community, living between others, partaking of community-life)

Possibilities

- feels safe in the community
- feels confident in the community
- actively engages in community activity
- takes pride in accomplishments
- takes pride in friendships
- works in a real job
- is involved with coworkers/classmates
- attends a normal school
- lives and participates in neighborhood life
- attends a religious ceremonies
- has a circle of friends outside of peers or caregivers
- visits with friends and family regularly
- has an active family life
- celebrates special religious, cultural, and ethnic events
- other(s)

Vulnerabilities

- prefers to stay in bed
- refuses to leave home
- is in the community but not of it
- has no family connection
- has no pride in ethnicity
- lives parallel to classmates, workmates, housemates
- skips school or work
- demands excessive routine
- attends a segregated school or work
- has no circle of friends in the community
- does not attend community activities
- becomes anxious or obnoxious in the community
- acts out in the community
- is a threat to the community
- other(s)

Additional Comments/Concerns:

7. Having meaningful daily activities (enjoying one's daily activities, having activities which fit in your life-plan)

Possibilities

- shares with others
- shows love

Vulnerabilities

- avoids caregivers
- attends only momentarily

- participates in activities with caregivers
 - participates in activities with peers
 - asks to be with the caregiver
 - smiles when doing things with the caregiver
 - initiates new activities
 - accepts help
 - volunteers to do things with the caregiver and others
 - cares for self
 - helps others
 - does chores
 - is able to manage personal finances
 - is able to cook
 - does chores for others
 - maintains a hobby
 - plays a sport
 - does activities with others
 - draws others into activity
 - stays with peers
 - shows affection and respect towards peers
 - other(s)
-
-

- runs from caregiver
 - withdraws
 - curses or screams
 - throws objects
 - strikes out at self with words or deeds
 - strikes out at others with words or deeds
 - insists on doing things alone
 - fears initiating new activities
 - lacks self confidence
 - refuses to participate
 - is unable to manage personal finances
 - withdraws from participation
 - acts out when asked to participate
 - insists on something else, bouncing from one activity to another
 - refuses to be with peers
 - hits self or peers
 - acts overly silly
 - becomes obnoxious
 - becomes jealous when attention is given to others
 - clings to the caregiver when with peers
 - other(s)
-
-

Additional Comments/Concerns:

8. Inner Contentment (feeling inner harmony, free from traumatic experiences)

Possibilities

- trusts others
- connects with others
- has a sense of self worth
- expresses feelings
- expresses feeling safe/unsafe
- expresses feeling loved/unloved
- expresses feeling of loving others
- expresses feeling of engagement
- shows tolerance
- shows patience
- feels connected to others
- has a good family relationship
- has an active circle of friends
- actively participates in life decisions
- participates in inclusive educational, vocational and recreational activities

Vulnerabilities

- acts out or withdraws to communicate
- self stimulates, gazes into the distance
- clings to others
- stays in a “safe” spot
- yells or curses
- ignores conversation
- remains silent
- does not express feelings
- has an abusive or neglectful home life
- has suffered abuse, rape, or other acts of violence
- has had inconsistent care giving
- has had multiple caregivers
- has been institutionalized
- requires help in daily living
- has physical or sensorial disabilities that make it difficult to participate

