

# GLOBE STAR

“Mentoring a Spirit of Gentleness”



## Reclaiming the Power of the Heart

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Assessor: \_\_\_\_\_

As we reclaim the power of the heart it is important to identify the four chambers that equally balance a persons quality of life. This balance is needed as we build companionship and community by teaching the person to feel safe with us, teaching the person to feel engaged with us, teaching the person to feel unconditionally valued by us, and teaching the person to return unconditional valuing to us.

The first chamber of reclaiming the power of the heart is the person’s own perception of their life and services they receive. This perception also identifies their own ability to express their dreams and longings to improve their quality of life. The second chamber helps to identify their interactions with us as they express their physical, verbal and gestural expressions that identify with us in reciprocating valuing of our teaching. The third chamber helps us to identify our interactions of teaching the feelings of companionship as we build a sense of community. The fourth chamber helps us to identify the outcomes of our teaching as we assess one’s quality of life plan.

As we review the overall value of each area and the total value of this assessment we need to identify its importance to the quality of assurance of facilitating this model for future direction and implementation. It is important to note that the total value of this assessment plan must not focus solely on the accomplishment of each individual goal and objective, but to identify the journey where we were, where we are presently and where we are going in order to reclaim the power of the heart. This journey of reclaiming needs to be facilitated by the moral compass of each individual involved in the person’s life. This moral compass is the most critical element that identifies us as collaboration of caregivers. Although the gifts we bring from each of our professions are many we need to share our own ideas and leave behind our hidden agendas that de-values the individual or each other, so that we may build companionship with each other as we facilitate improving the person’s quality of life.

These four areas as described above will be facilitated within a questionnaire format to be filled-out by the individual, family members and their team as we facilitate and improve the quality of services each year to improve the quality of life for the individual. The following assessment identifies all four areas.

The First Chamber: Personal Perception of Quality of Life and Services

<b>The Individual's Areas of Perception</b>	<b>Measure of Perception</b>	<b>Score of Perception (rate 0 – 5)</b>
<b>Personal Goals</b>		
Being able to choose personal goals	Unable 1 2 3 4 Able	
Being able to realize personal goals	Unable 1 2 3 4 Able	
<b>Choice</b>		
Being able to choose where and with whom they live	Unable 1 2 3 4 Able	
Being able to choose where they work	Unable 1 2 3 4 Able	
Being able to decide how to use their free time	Unable 1 2 3 4 Able	
Being able to choose services	Unable 1 2 3 4 Able	
Being able to choose their daily routine	Unable 1 2 3 4 Able	
<b>Social Inclusion</b>		
Being able to participate in the life of the community	Unable 1 2 3 4 Able	
Being able to interact with other members of the community	Unable 1 2 3 4 Able	
Being able to perform different social roles	Unable 1 2 3 4 Able	
<b>Relationships</b>		
Having friends	Self 1 2 3 4 Companionship	
Remained connected to natural support networks	Disconnected 1 2 3 4 Connected	
Being able and having an intimate relationships	Unable 1 2 3 4 Able	
<b>Rights</b>		
Being able to exercise their rights	Unable 1 2 3 4 Able	
Being able to afforded due process if rights are limited	Unable 1 2 3 4 Able	
Free from abuse and neglect		
<b>Dignity and Respect</b>		
Being respected	Disrespected 1 2 3 4 Respected	

Having the time, space, and opportunity for privacy	Unable 1 2 3 4 Able	
Being able to have and keep personal possessions	Unable 1 2 3 4 Able	
Being able to decide when to share personal information	Unable 1 2 3 4 Able	
<b>Health</b>		
Being able to have health care services	Unable 1 2 3 4 Able	
Being able to have the best possible health	Unable 1 2 3 4 Able	
<b>Environment</b>		
Being able to be safe	Unable 1 2 3 4 Able	
Being able to use their environment	Unable 1 2 3 4 Able	
Being able to live in integrated environments	Unable 1 2 3 4 Able	
<b>Security</b>		
Being able to have an economic resources	Unable 1 2 3 4 Able	
Being able to have insurance to protect their resources	Unable 1 2 3 4 Able	
Being able to have insurance to protect their resources	Unable 1 2 3 4 Able	
Being able to experience continuity and security	Unable 1 2 3 4 Able	
<b>Satisfaction</b>		
Being satisfied with services	Unsatisfied 1 2 3 4 Satisfied	
Being satisfied with personal life situations	Unsatisfied 1 2 3 4 Satisfied	
<b>Overall Rating</b>	Overall score divided by the total of individual areas	

The Second Chamber: Perception of the Individual Interacting with Us

<b>The Individual's Areas of Interacting</b>	<b>Measure of Interacting</b>	<b>Score of Interacting (rate 0 – 5)</b>
Response to care givers' presence	Fearful 1 2 3 4 Warm	
Response to touch	Fearful 1 2 3 4 Warm	
Response to caregiver's words	Fearful 1 2 3 4 Warm	
Response to caregiver's gaze	Fearful 1 2 3 4 Warm	

Acceptance of doing things with care givers	Rejection 1 2 3 4 Desirous	
Acceptance of doing requested things on one's own	Rejection 1 2 3 4 Agreeable	
Acceptance of doing things with peers	Rejection 1 2 3 4 Desirous	
Acceptance of acts of love	Rejection 1 2 3 4 Desirous	
Giving love toward others	Avoidance 1 2 3 4 Giving	
Self-esteem	Poor 1 2 3 4 Good	
Kindness	Self-Centered 1 2 3 4 Kind	
Emotional strength	Weak 1 2 3 4 Strong	
Degree of vulnerability	Vulnerable 1 2 3 4 Grounded	
Communication of needs and feelings	Unable 1 2 3 4 Able	
Community inclusion	Excluded 1 2 3 4 Inclusive	
Degree of support needed	Ordinary 1 2 3 4 Significant	
<b>Overall Rating</b>	Overall score divided by the total of individual areas	

The Third Chamber: Perception of Caregivers interacting with the Individual

<b>The Perception of the Caregivers Areas of Interacting with the Individual</b>	<b>Perception Score of Interacting (rate 0 – 5)</b>
Distant 1 2 3 4 Close	
Coldness 1 2 3 4 Warmth	
Head 1 2 3 4 Heart	
Talk 1 2 3 4 Listening	
Restraint 1 2 3 4 Warm Protection	
Shallow Awareness 1 2 3 4 Deep Insight	
Earned Reward 1 2 3 4 Unconditional Love	
No Interest 1 2 3 4 Elicitation	
Clientship 1 2 3 4 Companionship	
Disengagement 1 2 3 4 Engagement	

Disempowerment 1 2 3 4 Empowerment	
Modifying Behaviors 1 2 3 4 Teaching Feelings	
Coldly Helping 1 2 3 4 Warmly Helping	
Rigidity 1 2 3 4 Flexibility	
Phoniness 1 2 3 4 Authenticity	
The Self 1 2 3 4 The Other	
Old Memories 1 2 3 4 New Memories	
Disharmony 1 2 3 4 Harmony	
Weak Direction 1 2 3 4 Strong Direction	
Monologue 1 2 3 4 Dialogue	
Abstract 1 2 3 4 Concrete	
Aloofness 1 2 3 4 Spiritedness	
Domination 1 2 3 4 Circle of Friends	
Inconsistency 1 2 3 4 Congruence	
<b>Overall Rating:</b> Overall score divided by the total of individual areas	

The Fourth Chamber: Outcome of Services

<b>Areas of Positive Outcomes</b>	<b>Measure of Outcomes</b>	<b>Score of Outcomes (rate 0 – 5)</b>
<b>Emotional Well-Being</b>		
Safety	Poor 1 2 3 4 Good	
Spirituality	Weak 1 2 3 4 Strong	
Happiness	Poor 1 2 3 4 Good	
Freedom from stress	Poor 1 2 3 4 Good	
Self-concept	Weak 1 2 3 4 Strong	
Contentment	Poor 1 2 3 4 Good	
<b>Interpersonal Relations</b>		
Intimacy	Weak 1 2 3 4 Strong	
Affection	Weak 1 2 3 4 Strong	
Family	Weak 1 2 3 4 Strong	

Interaction	Weak 1 2 3 4 Strong	
Friendships	Weak 1 2 3 4 Strong	
Supports	Weak 1 2 3 4 Strong	
<b>Material Well-Being</b>		
Ownership	Weak 1 2 3 4 Strong	
Financial	Weak 1 2 3 4 Strong	
Security	Weak 1 2 3 4 Strong	
Food	Poor 1 2 3 4 Good	
Employment	Poor 1 2 3 4 Good	
Possessions	Poor 1 2 3 4 Good	
Social economic status	Poor 1 2 3 4 Good	
Shelter	Poor 1 2 3 4 Good	
<b>Personal Development</b>		
Education	Poor 1 2 3 4 Good	
Skills	Weak 1 2 3 4 Strong	
Fulfillment	Poor 1 2 3 4 Good	
Personal competence	Weak 1 2 3 4 Strong	
Purposeful activity	Weak 1 2 3 4 Strong	
Advancement	Poor 1 2 3 4 Good	
<b>Physical Well-Being</b>		
Health	Poor 1 2 3 4 Good	
Nutrition	Poor 1 2 3 4 Good	
Recreation	Poor 1 2 3 4 Good	
Mobility	Poor 1 2 3 4 Good	
Health Care	Poor 1 2 3 4 Good	
Health Insurance	Poor 1 2 3 4 Good	
Leisure	Poor 1 2 3 4 Good	
Activities of daily living	Poor 1 2 3 4 Good	
<b>Self-Determination</b>		
Autonomy	Poor 1 2 3 4 Good	
Choices	Poor 1 2 3 4 Good	
Decisions	Poor 1 2 3 4 Good	
Personal control	Weak 1 2 3 4 Strong	
Self-direction	Weak 1 2 3 4 Strong	
Personal goals/values	Weak 1 2 3 4 Strong	
<b>Social Inclusion</b>		
Acceptance	Poor 1 2 3 4 Good	
Status	Weak 1 2 3 4 Strong	
Supports	Poor 1 2 3 4 Good	
Work environment	Poor 1 2 3 4 Good	
Community activities	Poor 1 2 3 4 Good	
Roles	Weak 1 2 3 4 Strong	
Volunteer activities	Poor 1 2 3 4 Good	
Residential environment	Poor 1 2 3 4 Good	

<b>Rights</b>		
Privacy	Weak 1 2 3 4 Strong	
Voting	Weak 1 2 3 4 Strong	
Access	Weak 1 2 3 4 Strong	
Due process	Weak 1 2 3 4 Strong	
Ownership	Poor 1 2 3 4 Good	
Civic responsibilities	Weak 1 2 3 4 Strong	
<b>Overall Rating</b>	Overall score divided by the total of individual areas	

Now that we are finished

1) Look at how we have rated each area. 2) Think about which factors are most basic to help the person learn or deepen a sense of companionship and community. 3) Please write down the three factors that seem to be the most basic and urgent for the person's sense of companionship and community. Save these ideas! Later, we will see how we can use them to write a plan to help the person develop a deeper sense of companionship and community.

Reclaiming the Power of the Heart overall rating

<b>Chambers</b>	<b>Overall Rating</b>	<b>Directions for Creating a Sense of Companionship and Community</b>
Personal Perception of Quality of Life and Services		
Perception of the Individual Interacting with Us		
Perception of Caregivers interacting with the Individual		
Outcomes of Services		
Overall Rating		

Comments/Concerns: