

Take a moment now and think of an individual you are *currently* providing care-giving services for. Think of your own life experiences as we go through this assessment if you are not currently a caregiver. Look at part one of the assessment form. Part one identifies the life of a single person and the extent of integration into the community.

- ✓ Turn to page 2. Let's do this page as a group. Will someone volunteer information about an individual you are currently providing services for, *making sure to protect the confidentiality of the person you are thinking of*. We will use this same individual for letters 'A-D'. Starting with the first box, fill in the information as it is described and explained by our volunteer caregiver.
- ✓ Let's do the rest of page 2 now together. Discuss with the group any concerns or comments regarding page 2.
- ✓ Turn to page 3. This table is designed to pinpoint resources the individual accesses. Let's complete this chart together now using the same individual we have been discussing.
- ✓ Now look at page 4. Let's do letter 'C' as a group. Keeping with the same person, let's complete this box together. Remember, frequency refers to how often something happens.
- ✓ Look at letter 'D'. This asks us to list the number of friends this individual has in each of the categories. Let's complete this chart as a group. When we are finished with letter 'D', we will need another caregiver to volunteer information about an individual they are providing care-giving services for.
- ✓ Turn to page 5. Letter 'E' is talking in terms of vulnerabilities and possibilities. Possibilities refer to the individual's *natural desire or skill* in something. Vulnerabilities refer to a lack of desire or skill in an area. Using the information about our new individual someone is *currently* working with, let's complete letter 'E' now. We will use this same individual for letters 'E-H'.
- ✓ Letter 'F' on page 5 examines what has occurred in the *past* for the individual in terms of building companionship and community. Check all that apply to the individual.
- ✓ On page 6, letter 'G' refers to public education activities in the *past month*. Complete this information.
- ✓ Letter 'H' refers to support and training in the *past month*. Let's do this now. After 'H' we will need another volunteer.

- ✓ Letter 'I' on page 7 has to do with priorities. Read letter 'I' and complete it by using information about our new individual. We will use this individual for letters 'I-K'.
- ✓ Letter 'J' has to do with rules and guidelines. Using the individual we discussed in letter 'I', fill out the sections. Why are rules and guidelines important? Why should they be clear to both the caregiver and to the individual?
- ✓ On page 9, letter 'K' discusses other supports during the *past month*. Let's do and discuss these sections now.

Part one of the assessment is complete. What are your thoughts and concerns regarding part one of this assessment? What have you learned?

Let's do part two together now using a new individual's experiences.

- ✓ Turn to page 10. Look at step one. As a group, let's make one Social Web using information shared by our new volunteer. We will use this individual's experiences for step one only. *We will use this web again for step five.* Let's go through the steps on pages 10 and 11. Is seeing someone's social network visually helpful?
- ✓ We are ready for step two on page 13. Using our own views as caregivers, let's complete step 2 together now. We will use our own views and values as caregivers for steps 2-4.
- ✓ Step three on page 14 asks us to identify which personal qualities we as the caregiver believe are necessary for successful participation within your community. This step is asking you to write down what is important to you in each category. Let's do this as a group now.
- ✓ Look at step four on page 15. Building community may be difficult for a variety of reasons, and may be fearful at times. Let's read the paragraph that accompanies step four and do the chart on page 16 together. Remember, part of being an effective caregiver is knowing we can only control our own reactions, which should always be soft and caring.
- ✓ Step five on page 16 suggests we should start with whom we know when beginning to build community. Using our Social Web from step one, let's do this step together now.

- ✓ Turn to page 17 and read step six. Building community may take some creative thought and work. This may be difficult. Let's fill out the box under step six together as a group.

That is the end of part two of this assessment. What are your thoughts and concerns regarding part two of this assessment? What have you learned?
Let's do part three together now.

- ✓ Look at part three on page 17. This section refers to how it feels when attempting and being successful with building community and strengthening your social networks. Five phases are identified on page 18. Let's discuss these now. What feelings are associated with each of the five phases?
- ✓ Now that we have discussed these phases in more detail, complete the chart with the five phases listed. Let's do these as a team.

Let's look now at part four: Culture Diversity in Community Life. Different cultures emphasize different community activities. Respecting the individual's culture is necessary when building community.

- ✓ Thinking of your own culture and ethnicity, fill out pages 18 through 21.
 - How could your culture differ from the individual you are providing care giving services for?
 - How may this affect the care giving relationship?

Part four of this assessment on page 19 is designed to help assimilate all the information from parts one, two, and three.

- ✓ Let's take three (3) activities we would like to do with an individual and complete this chart. This chart will help organize information so you as the caregiver can help the individual build community and strengthen their social supports.
- ✓ The last section is asking us to prioritize thoughts about community. Let's do this together now.
 - Was it difficult to prioritize these?

Part five of the assessment (page 22) begins the Building Companionship and Formulating a Sense of Community Plan. This chart helps to easily identify the needs for each community activity.

- ❑ Let's discuss examples of community activities and fill out each column to the chart now.
- ❑ What have we learned about building companionship through community?