

STRENGTHS ASSESSMENT FORM

Linkage Coordinator's Copy

Client ID: 2947

LC's Name: Ellen Collins

Date: 11/5/10 Session Number: 5

Is this the first assessment completed for the client, or is it an amendment?

Updated

1. What strengths, abilities, or skills did the client identify (either directly or indirectly)?

a. Strengths:

- *Desire to do what she needs to stay healthy for her son*
- *Desire to link to medical care*
- *Identify strategies to overcome barriers to care*

b. Skills:

- *Holds a full-time job*
- *Supports 10-year-old son on her own*
- *Maintains household by herself*

c. Abilities

- *Able to make decisions about her health choices*
- *Able to support family during her unemployment*

d. Which items from the Life Domains List, if needed, prompted the client?

- *General life skills*
- *Living arrangements*

2. What examples did the client give about a time when s/he successfully faced barriers?

a. What did s/he do to overcome the barriers?

Cynthia discussed her recent unemployment. She lost her previous job due to company downsizing, and was initially very worried about how she would continue to care for her son without a job. She figured out what she needed to do to receive unemployment benefits, and cut back on unnecessary expenses in order to get by. She talked about how she didn't expect it to take so long to get a job, but she was proud she was able to continue to support her son during that time. She worked hard to find a job, using resources provided by the community (local library for job research, career center, information sessions) and being persistent in follow up on the potential jobs she identified.

3. What did the client explicitly say s/he was good at?

Cynthia said she is good at taking care of her son, and continuing to support him during her unemployment.

4. What did the client implicitly say s/he was good at? i.e. What did you hear him/her say?

- a. Did the client agree with what you heard as something s/he is good at once you repeated it back?

We discussed some other things Cynthia was good at, based on what she had said during our sessions. She has a strong desire to do what she needs to stay healthy for her son, and has a desire to link to medical care. She is able to hold a full-time job and maintain her household as a single parent. She is also able to make decisions about her health choices. Cynthia agreed with these when I pointed them out to her.

5. What example(s) did the client give about a time/experience when s/he felt like most things were going well in his/her life? What was s/he doing to make them go well?

Cynthia spoke of the time just after her son was born and she and his father were still together, and she thought they would become a family. She was on maternity leave from her job, and focused her time on taking care of her son and maintaining the household while her boyfriend was at work. They enjoyed taking their new son on small trips as a family.

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Date: 11/5/10

Session Number: 5

New Assessment or Updated Assessment? (Underline one)

1. My strengths, abilities, or skill identified:

a. Strengths:

- *Desire to do what I need to stay healthy for my son*
- *Desire to link to medical care*
- *Identify strategies to overcome barriers to care*

b. Skills:

- *Holds a full-time job*
- *Supports 10-year old son on my own*
- *Maintain household by myself*

c. Abilities:

- *Able to make decisions about my health choices*
- *Able to support family during unemployment*

d. Items from the Life Domains List:

- *General life skills*
- *Living arrangements*

2. Examples I gave about a time(s) that I successfully faced barrier(s) in my life:

a. Examples of barrier(s):

b. Things I did to overcome the barrier(s):

I talked about when I was unemployed recently – I lost my previous job due to company downsizing, and was initially very worried about how I would continue to care for my son without a job. I figured out what I needed to do to receive unemployment benefits, and cut back on unnecessary expenses in order to get by. I didn't expect it to take so long to get a job, but I was proud I was able to continue to support my son during that time. I worked hard to find a job, using resources provided by the community (local library for job research, career center, information sessions) and being persistent in follow up on the potential job I identified.

3. Things I'm good at:

I'm good at taking care of my son, and continuing to support him during my unemployment. I want to do what I have to in order to stay healthy for my son, and want

to link to medical care. I have a full-time job and maintain my household as a single parent. I'm also able to make decisions about my health choices.

4. Example(s) of when I felt like most things in my life were going well:

a. Things I did to make them go well:

Just after my son was born and his father and I were still together, I thought we would become a family. I was on maternity leave from, and focused my time on taking care of my son and maintaining the household while my boyfriend was at work. We enjoyed taking our new son on small trips as a family.