

# Family Assessment of Needs & Strengths (FANS)

(Complete this document WITH the Caregiver)

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

Assessment Completed with Caregiver by: \_\_\_\_\_

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

Circle one

Initial    90 Days    Transition (final)

1. Check	<p><b>CAREGIVERS' TALENTS AND INTERESTS or HOBBY: =</b> <i>This rating should be based <b>broadly</b> on any talent, creative or artistic skill they may have. This area is related to self-care: <b>Sample questions to ask: What are your interests? What are the things you do particularly well? What are some of the things you like doing whether you do them well or not?</b></i></p>
0	Caregiver has a talent or interest, or hobby that provides personal enjoyment
1	Caregiver has a talent, interest, or hobby with the potential to provide personal enjoyment
2	Caregiver has identified interests, but needs assistance converting those interests into a talent or hobby.
3	Caregiver has no identified talents, interests, or hobbies.

2. Check	<p><b>CAREGIVER'S RECREATIONAL INTERESTS =</b> <i>physical movement</i> <b>Sample questions: What do you do for FUN? How do you RELAX? When was the last time you did something special for YOURSELF?</b></p>
0	Caregiver has and enjoys positive recreation activities on an on-going basis.
1	Caregiver is doing adequately with recreational activities although some problems exist.
2	Caregiver is having moderate problems with recreational activities. Caregiver may experience some problems accessing.
3	Caregiver has no access to or interest in recreational activities.

3. Check	<p><b>CAREGIVER'S OPTIMISM =</b> <i>This rating should be based on the view of the future and their ability to remain hopeful when faced with life's challenges. This is intended to rate the parent / caregivers positive future orientation including the ability to express joy and share positive life experiences.</i> <b>Sample questions: How do you think about the future? Do you generally have positive outlook? Do you expect good things to happen, or do you only expect bad or increased challenges to happen? Are you grateful / thankful for anything</b></p>
0	Caregiver has a strong and stable optimistic outlook about their life.
1	Caregiver is generally optimistic.
2	Caregiver has <b>some</b> difficulties maintaining a positive view of their self and their life. Caregiver may vary from overly optimistic to overly pessimistic.
3	Caregiver has difficulties seeing any positives about themselves or their life.

4.	<b>CAREGIVER'S SOCIAL RESOURCES</b> = <i>refer to help that you do not have to pay for. This could include friends, families or church or other organizations that help the in times of need. Resources not living in the household. <b>Sample questions: Do you have enough of what you need to take care of your family's needs? Do you have family, friends, church, community members who can help you when you need it?</b></i>
Check	
0	Caregiver has significant family and friend social network that actively helps caregiver and their family.
1	Caregiver has <b>some</b> family or friend social resources that <b>actively</b> helps caregiver and their family.
2	Caregiver has <b>some</b> family or friend social network that <b>may be able</b> to help caregiver and their family.
3	Caregiver has no family or social network that may be able to help caregiver and their family.

5.	<b>CAREGIVER'S ABILITY TO LISTEN</b> = <i>This item refers to the caregiver's ability to hear both positive and negative feedback about themselves and family members in a way that they can understand. <b>Sample questions: Ask the parent about the last time they spoke with the school, counselor, Doctor, CSE, their friends, or family. How did the conversation go? Did the parent feel they were heard? Understood? Respected? Did the parent relate good and bad information. Ask if the parent took notes. Ask if the parent felt like part of a team. Ask if they felt talked down to</b></i>
Check	
0	Caregiver is able to listen carefully and understand both good and bad news regarding family/children issues.
1	Caregiver has listening skills but <b>sometimes</b> struggles to hear either good or bad news regarding family/children issues.
2	Caregiver requires help learning to listen.
3	Caregiver requires <b>substantial</b> help learning to listen effectively.

6.	<b>CAREGIVER'S ABILITY TO COMMUNICATE</b> = <i>This item refers to the caregiver's ability to effectively articulate his/her needs as well as needs of other family members in a manner that others can understand. <b>Sample questions: Ask the parent about the last time they spoke with the school, counselor, Doctor, CSE, their friends, or family. How did the conversation go? Ask the parent if they got upset, or if others got upset? Ask Is the parent shy? Is there a language barrier</b></i>
Check	
0	Caregiver is able to express feeling and thoughts effectively with regard to family & child/children issues. Others hear, understand, and respond.
1	Caregiver is able to express feelings and thoughts but <b>sometimes</b> struggle to express these so that others can listen and or understand.
2	Caregiver requires help learning to express feelings and thoughts effectively with regard to family and or child/children issues.
3	Caregiver requires <b>substantial</b> help to express feelings and thoughts effectively with regard to family and child/children issues.

7. Check	<b>CAREGIVER'S ORGANIZATION SKILLS =</b> <i>This rating should be based on the parents / caregivers ability to participate in or direct the organization of the household, services, and related activities. <b>Sample questions: DO YOU EXPERIENCE ANY DIFFICULTY GETTING THINGS DONE, GETTING TO APPOINTMENTS, MANAGING YOUR SCHEDULE? DO YOU FEEL THE NEED OR WANT HELP LEARNING TO MANAGE SOME ASPECTS OF YOUR HOME</b></i>
0	Caregiver is well organized and efficient.
1	Caregiver has <b>minimal</b> difficulties with organizing and maintaining household to support needed services. For example, may be forgetful about appointments or occasionally fails to return phone calls.
2	Caregiver has <b>moderate</b> difficulty organizing and maintaining household to support needed services.
3	Caregiver is unable to organize household to support needed services. Caregiver identifies the household as chaotic.

8. Check	<b>CAREGIVER'S INVOLVEMENT =</b> <i>This item describes the degree to which the parent / caregiver <b>wants</b> or <b>IS</b> involved as a partner with providers in services / school. (Think CASSP / System of Care philosophy) This rating should be based on the level of involvement the caregiver(s) has in planning and provision of mental health and related services. <b>Sample questions: How do you feel being involved in services for your child? Do you feel comfortable speaking up on behalf of your child? Would you like to learn more skill to better be able to be the driver with making decisions about your child's services?</b></i>
0	Caregiver is able to act as an effective advocate for their child/children. <i>This level indicates a caregiver(s) who is actively involved in the planning and/or implementation of services and is able to be an effective advocate on behalf of the child or adolescent.</i>
1	Caregiver has a history of seeking help for their child/children. Caregiver is open to receiving support, education, and information. <i>This level indicates a caregiver(s) who is consistently involved in the planning and/or implementation of services for the child or adolescent.</i>
2	Caregiver doesn't wish to participate in services and or interventions intended to assist their child/children. <i>This level indicates a caregiver(s) who is only somewhat involved in the care of the child or adolescent. Caregiver may consistently visit individual when in out-of-home placement, but does not become involved in service planning and implementation.</i>
3	Caregiver wishes for child/children to be removed from their care. <i>This level indicates a caregiver who is uninvolved with the care of the child or adolescent. Caregiver likely wants individual out of home or fails to visit individual when in residential treatment</i>

9. Check	<b>CAREGIVER'S KNOWLEDGE OF FAMILY/CHILDREN NEEDS =</b> <i>This item refers to the caregiver's ability to recognize the needs of the family and individual family members. <b>Sample questions: Do you feel comfortable with what you know about your child's and family's needs? Have Professionals told you things about your child and you were confused or didn't completely understand what they meant? Are there areas of knowledge that feel you need more information about?</b></i>
0	Caregiver has strong understanding of family and child/children needs.
1	Caregiver has understanding of family and child/children needs but may still require some help in learning about certain aspects of these needs.
2	Caregiver requires assistance in understanding family and or child/children needs.
3	Caregiver requires <b>substantial</b> assistance in identifying and understanding family and child/children needs.

10. Check	<b>CAREGIVER'S KNOWLEDGE OF RIGHTS AND RESPONSIBILITIES</b> = <i>This item refers to the caregiver's ability to understand and acknowledge the legal and moral rights and responsibilities of their caregiver roles. Sample questions: Do you know and understand your legal rights as a caregiver? Do you know where to learn more about your rights and responsibility as a caregiver? Do you know who to call to learn more? Are there certain or specific areas where you feel you might need to learn more about your rights and responsibilities?</i>
0	Caregiver has strong understanding or rights and responsibilities.
1	Caregiver has understanding or rights and responsibilities but <b>may still require</b> some help learning about certain aspects.
2	Caregiver requires assistance in understanding rights and responsibilities.
3	Caregiver requires <b>substantial</b> assistance in identifying and understanding rights and responsibilities.

11. Check	<b>CAREGIVER'S KNOWLEDGE OF SERVICE OPTIONS</b> = <i>this item refers to the choices the family might have for specific treatment interventions or other services that might help the family address their needs or the needs of one of the family's members. Sample questions: Do you know and understand all the services that are available in our community? What services have you been involved with before today? Do you know and understand the different types of treatment or interventions that are available in our community?</i>
0	Caregiver has strong understanding of service options.
1	Caregiver has understanding of service options but still <b>may require help</b> in learning about certain aspects of the service.
2	Caregiver requires assistance in understanding service options.
3	Caregiver requires <b>substantial</b> assistance in identifying and understanding service options.

12. Check	<b>CAREGIVER'S SELF-EFFICACY</b> = <i>This item refers to the parent / caregiver's feelings of being effective at carrying out their caregiving role and responsibilities. This rating should be based on the parent / caregivers belief that they are effective in achieving the goals and able to successfully manage daily family life. Samples: Does the parent have a vision for their future? The degree of which caregiver is fully engaged, functioning and involved in all needed daily tasks of child rearing? Do I believe I can manage all the appointments, behaviors, school etc</i>
0	Caregiver believes they are highly effective at caregiving and able to successfully carry out all of the tasks necessary to meet the needs of the child / children under their care.
1	Caregiver believes that they are a capable caregiver and is <b>usually (more times than not) able</b> to successfully carry out the tasks necessary to meet the needs of the child / children under their care.
2	Caregiver believes they <b>occasionally</b> are able to carry out the tasks necessary to meet the needs of their child / children, <b>but</b> believe they have <b>limited skills</b> that are necessary to meet the needs of the child / children under their care.
3	Caregiver believes they cannot or they consistently fail to provide the necessary tasks and care to meet the needs of the child / children under their care.

13. check	<b>CAREGIVER'S BURDEN/STRESS =</b> <i>This item describes the level of stress or burden the children's current needs are generating and the parent / caregivers feelings and beliefs they have the needed strength to cope</i> <b>Samples: How does the caregiver manage this stress? Ask on a scale of 0 to 4 how the day, week month stress level is. Ask if sometimes they find themselves finding ways to avoid being fully engaged. Ask about their physical health</b>
0	Caregiver is able to manage the stress of child/children's needs.
1	Caregiver has <b>some</b> problems managing the stress of child/children's needs.
2	Caregiver has <b>notable problems</b> managing the stress of child/children's needs. This stress interferes with their capacity to give care.
3	Caregiver is unable to manage the stress associated with child/children's needs. This stress prevents caregiver from parenting.

14. Check	<b>CAREGIVER'S SATISFACTION WITH YOUTH'S LIVING ARRANGEMENT =</b> <i>This item refers to the caregiver's satisfaction with the current living arrangement of youth. If a youth lives at home this describes the caregiver's desire to maintain this, or if living elsewhere; caregiver is satisfied with that arrangement.</i> <b><i>This doesn't refer to physical condition of the home or neighborhood.</i></b>
0	Caregiver is pleased with identified youth's current living arrangement.
1	Caregiver is satisfied with identified youth's current living arrangement, although some improvements could be made.
2	Caregiver believes a change in living arrangement is required.
3	Caregiver believes an <b>immediate</b> change in living arrangement is required

15. Check	<b>CAREGIVER'S SATISFACTION WITH YOUTH'S EDUCATIONAL ARRANGEMENT =</b> <i>This item describes the degree to which the parent / caregiver is satisfied with the education placement of children.</i>
0	Caregiver is pleased with identified youth's current educational arrangement.
1	Caregiver is satisfied with youth's current educational arrangement, although some improvements could be made.
2	Caregiver believes a change in educational arrangement is desirable.
3	Caregiver believes an <b>immediate</b> change in educational arrangement is required.

16.  Check	<b>CAREGIVER'S SATISFACTION WITH SCHOOL PARTICIPATION =</b> <i>This item rates the degree of partnership between the school and others in meeting the child/youth's educational needs. This item predominantly refers more to the nature of the school's relationship to the youth and family and the level of support the child is receiving from the school. A rating of "0" would be given if the school is an active participant with the youth and family. A rating of "2" would be given if the school was not able to address youth's needs. <b>Sample questions: Ask if child / youth like school, like learning? How are things going in school with your child? Do you believe your child is receiving enough academic support / modifications from the school to be successful? Has your child been suspended from school in the last few months? Has a functional behavioral assessment been done? Does your child have an individualized education plan (IEP)?</b></i>
0	School works closely with caregiver to identify and successfully address educational needs <b>OR</b> child excel in school.
1	School works closely with caregiver to identify and address educational needs <b>OR</b> child likes school.
2	School currently is unable to adequately address educational needs.
3	School is unable to work to identify and address educational needs.

17.  Check	<b>CAREGIVER'S SATISFACTION WITH CURRENT SERVICES BEING PROVIDED =</b> <i>This item refers to the degree to which the parent / caregiver is satisfied with any services for children in their care. <b>Sample questions: What is the best part of _____ services your child &amp; family receive? Why? What would you change, if you could, about this service? Why? Do you see a change in your child &amp; family abilities, and behaviors?</b></i>
0	Caregiver is pleased with current services.
1	Caregiver is satisfied with current services, although some improvements could be made.
2	Caregiver believes a <b>significant</b> change in services is desirable.
3	Caregiver believes an <b>immediate</b> and significant change in services is required.

Score: \_\_\_\_\_