

CARE GIVER'S SELF-ASSESSMENT

PURPOSE: To analyze your care giving interactions from the point of view of how the people you interact with see you. To use as the foundation for improving and deepening your care giving skills so that you might better teach companionship and develop a sense of community.

INSTRUCTIONS: Read each of the topics, think about a person in your life who "pushes your buttons", and on the line before each statement, give yourself a number between 1 - 4. Be as honest as you can. No one will read or see this but you. Use the first column, on your left, today. We will use the second and third columns at a later date.

1 - Never 2 - Once and a while 3 - Often 4 - Always

1. WARMTH OR COLDNESS

WARMTH CHECKLIST:

- | | | | | | |
|-------|---|-------|---|-------|--|
| _____ | * | _____ | * | _____ | You stop for a moment every time you see or go by a person to greet, welcome, praise or encourage. |
| _____ | * | _____ | * | _____ | You show a lot of warm and loving physical contact - - Handshakes, hugs and pats. |
| _____ | * | _____ | * | _____ | You present yourself calmly, slowly and lovingly. |
| _____ | * | _____ | * | _____ | You are aware of your non-verbal communication. |
| _____ | * | _____ | * | _____ | When the person is nervous or stressed, you show warmth. |
| _____ | * | _____ | * | _____ | When the person seems down, you are reassuring and soothing. |
| _____ | * | _____ | * | _____ | You encourage and lift up the spirit. |

COLDNESS CHECKLIST:

- | | | | | | |
|-------|---|-------|---|-------|---|
| _____ | * | _____ | * | _____ | Give very little warm physical contact such as hugs |
| _____ | * | _____ | * | _____ | Engage in very little loving conversation |
| _____ | * | _____ | * | _____ | Give very few warm gazes |
| _____ | * | _____ | * | _____ | There is a thought of, "I don't want to touch this person!" |
| _____ | * | _____ | * | _____ | Give very little personal attention |
| _____ | * | _____ | * | _____ | Grabbing the person |
| _____ | * | _____ | * | _____ | Ordering the person around |
| _____ | * | _____ | * | _____ | Angry and short-tempered at the person |
| _____ | * | _____ | * | _____ | Loud or fast-paced interactions |
| _____ | * | _____ | * | _____ | More concerned with schedules than with feeling safe |

2. DEEP INSIGHT OR SHALLOW AWARENESS

DEEP INSIGHT CHECKLIST:

- * You can predict from moment to moment the depth of the person's fear
- * Know when to back off
- * Know when to change your plan to avoid any aggression or self-injury

SHALLOW AWARENESS CHECKLIST:

- * Violent reaction to your presence
- * Violent reaction to your touch
- * Become insistent when the person refuses to do something
- * Withdraw and say things like, "She chooses not to be with me...He needs his space..."
- * You blame violence on a diagnosis, "He has Autism...She has schizophrenia..."
- * Bribe a person, "If you don't do this, then you can't..."

3. UNCONDITIONAL LOVE OR EARNED REWARD

UNCONDITIONAL LOVE CHECKLIST:

- * You continue to love the person when he/she is at their worst.
- * You express love in your every move.
- * You are nurturing.
- * At the most violent moment you become more loving.

EARNED REWARD CHECKLIST:

- * Approve the use of reward/punishment programs
- * Approve the use of token economy programs
- * Approve the use of behavior contracts
- * Little interaction except when problems arise
- * Wait for the person to earn your praise and attention

4. ENGAGEMENT OR DISENGAGEMENT

ENGAGEMENT CHECKLIST:

- | | | | | | |
|-------|---|-------|---|-------|--|
| _____ | * | _____ | * | _____ | Sitting and doing things with the person |
| _____ | * | _____ | * | _____ | Doing things for the person when they refuse. |
| _____ | * | _____ | * | _____ | You do everything possible to prevent anger or frustration |
| _____ | * | _____ | * | _____ | Focus on the feeling, "It is good to be together and do things together. If you do not want to do this, I will do it for you..." |

DISENGAGEMENT CHECKLIST:

- | | | | | | |
|-------|---|-------|---|-------|--|
| _____ | * | _____ | * | _____ | Giving orders |
| _____ | * | _____ | * | _____ | Preferring not to be with the person |
| _____ | * | _____ | * | _____ | Being gruff |
| _____ | * | _____ | * | _____ | Caring more about compliance than being supportive |
| _____ | * | _____ | * | _____ | Caring more about the schedule than the person |
| _____ | * | _____ | * | _____ | Care more about learning a skill than warmth |

5. FLEXIBILITY OR RIGIDITY

FLEXIBILITY CHECKLIST:

- | | | | | | |
|-------|---|-------|---|-------|---|
| _____ | * | _____ | * | _____ | If the person does not respond, you simplify the activity and begin doing it for the person |
| _____ | * | _____ | * | _____ | You are willing to back off at the slightest hint of frustration |
| _____ | * | _____ | * | _____ | You are sensitive to signs of nervousness, anger or fear |
| _____ | * | _____ | * | _____ | When the person seems nervous, you give the person a few moments to rest, give more help or just say, "The heck with it. Let's take a break!" |

RIGIDITY CHECKLIST:

- | | | | | | |
|-------|---|-------|---|-------|--|
| _____ | * | _____ | * | _____ | A "Do what I say" attitude |
| _____ | * | _____ | * | _____ | Insist on compliance |
| _____ | * | _____ | * | _____ | Rush or hurry the person |
| _____ | * | _____ | * | _____ | Increase violence by not backing off or giving more help |
| _____ | * | _____ | * | _____ | Following a schedule as if engraved in stone |

6. CIRCLE OF FRIENDS OR CLINGING

CIRCLE OF FRIENDS CHECKLIST:

- * _____ * _____ You help the person reach out to others
* _____ * _____ Your pace is slow and gentle
* _____ * _____ Your touches are kind, soft and gentle
* _____ * _____ You draw other people into your relationship

CLINGING CHECKLIST:

- * _____ * _____ Only you can "Handle" the person
* _____ * _____ You seldom try to draw others into the relationship
* _____ * _____ You rarely discuss teaching the person to accept others
_____ _____ You create an environment which is overprotective
* _____ * _____ towards others

7. WARM PROTECTION OR RESTRAINT

WARM PROTECTION CHECKLIST:

- _____ _____ Blocking hits with your forearm instead of grabbing and
* _____ * _____ holding
_____ _____ "Shadowing" with your arm or hand when self-abuse
* _____ * _____ occurs

RESTRAINT CHECKLIST:

- * _____ * _____ Grabbing hands or arms
* _____ * _____ Scolding
* _____ * _____ Yelling, "Stop!"
* _____ * _____ Using any form of restraint
_____ _____ Using seclusion or Time Out -- Sending to the bedroom
* _____ * _____ Physically escorting the person
* _____ * _____ Approve the use of chemical restraints (medication)

8. CONSISTENCY OR INCONSISTENCY

CONSISTENCY CHECKLIST:

- _____ * _____ * _____ You express warmth during the good times and the bad times
- _____ * _____ * _____ You encourage and uplift everyone
- _____ * _____ * _____ You can be trusted to be warm and kind

INCONSISTENCY CHECKLIST:

- _____ * _____ * _____ "If this does not work, I will have to get tough."
- _____ * _____ * _____ "Really! Get Real! Some people have to be taught a lesson!"
- _____ * _____ * _____ "I am tough on my own kids! Why not this person?"