

# Primary Care Family Assessment

## Anticipatory Guidance for Families of Children with Disabilities and Chronic Conditions

Child's name \_\_\_\_\_ Person completing form \_\_\_\_\_ Today's date \_\_\_\_\_

Clinical issues and concerns	Currently a problem?	Questions to ask
Family developmental stage: Early childbearing (birth of first child—age 30 months)		
1. Integrate new baby into family		When you were expecting a baby, what did you think your baby might be like?
2. Reconcile competing needs of various family members		Are any family members feeling left out, or do they have unmet needs right now? Who?
3. Parental role development		What is it like for you being a parent of a child with special needs? (Assess for chronic sorrow.)
4. Accommodate to marital couple changes		How is your relationship with your partner right now? Do you need to talk about how parenting has affected your relationship?
Problems in daily life		
5. Concerns about diagnosis		What information and skills do you need right now to help you care for your child? What are your current perceptions of the severity and progression of your child's condition?

# Primary Care Family Assessment (continued)

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Clinical issues and concerns	Currently a problem?	Questions to ask
a. Activities of daily living b. Caregiving challenge		Who performs the special care tasks for your child? How do you divide the work? How has the diagnosis affected your family's activities of daily living? How are family routines reorganized to provide for your child's special needs?
c. Effect on mother and father d. Competing demands		Parents of children with disabilities and chronic conditions often withdraw or become overprotective. Which do you do? How do you manage the daily emotional demands and the daily care of your child?
6. Parenting concerns Child development Discipline methods		Do you have any current worries about your child? How do you think your child is developing? How is everyone adapting to the fact that your child isn't achieving or won't achieve a certain developmental milestone? What works in setting limits or coping with inappropriate behavior?
7. Need for respite Recreation and leisure Couple's time alone together		Caregiving is demanding. Are you fatigued? Exhausted or really stressed? On overload? What does your family do for fun right now? How often? Do you sometimes feel that you are "going crazy" because you can never be alone? How has having a child with a disability or chronic condition affected your relationship with your partner?

# Primary Care Family Assessment (continued)

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Clinical issues and concerns	Currently a problem?	Questions to ask
8. Child care entry		What are your thoughts about child care? How would you go about finding child care?
9. Normalization		What is "normal" family life for you right now? What is the hardest thing for the family now? Any difficulties explaining diagnosis to family, friends, or strangers? Any anger or embarrassment?
10. Family strengths and resources		What keeps you going right now? What help is most appreciated? What is the best thing about your family right now? What resources are available for fun and social support? Are these adequate for now?
Family developmental stage: Family of preschooler		
1. Meet needs for housing, nutrition, safety, and health of members		How well are your family members right now? What safety issues do you and your children face? Do you have enough beds and bedrooms for your family? What snacks do your children eat?
2. Integrate new children while meeting competing needs of family members		How do you manage the care of one more person in your family? What things have changed, and how do the other children behave when you care for the new baby?

# **Primary Care Family Assessment** (continued) **Anticipatory Guidance for Families of Children with Disabilities and Chronic Conditions**

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Clinical issues and concerns	Currently a problem?	Questions to ask
3. Socialize children		Which "manners" are you teaching your preschooler right now?
4. Parental role development		Do you feel yourself starting to "let go" and let your child experience some consequences?
5. Accommodate to marital couple changes		How has the sexual curiosity of your child changed behaviors between you and your partner? How has a "high-maintenance" child changed the time you have with your partner?
<b>Problems in daily life</b>		
6. Activities of daily living Caregiving challenges Effect on mother and father Competing demands		How does the diagnosis affect your child's daily life right now? How are family routines reorganized to provide for your child's special needs? How does your preschooler act and react with mother and father? How do you manage all the demands on you right now?
7. Parenting concerns Child development Discipline methods		Do you have any current worries about your child? How do you think your child is developing right now? How are other children reacting to your child right now? What works in gaining cooperation in stopping inappropriate behavior?

# Primary Care Family Assessment (continued)

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Clinical issues and concerns	Currently a problem?	Questions to ask
8. Need for respite Recreation and leisure Couple time		Do you sometimes feel that you are "going crazy" because you can never be alone? What does your family do for fun right now? How often? Do you have time designated weekly for talking together about each other?
9. Child care entry		What arrangements do you have for child care? How is it working?
10. Normalization		What is "normal" family life like right now? What is the hardest thing right now?
11. Family strengths and resources		What keeps you going these days? What help is most appreciated now? Do you need more help?
Family developmental stage: Family of school-age children		
1. Balance parental needs with children's needs		Are there things you aren't doing at work or at home for yourself because of your children's needs?

# Primary Care Family Assessment (continued) Anticipatory Guidance for Families of Children with Disabilities and Chronic Conditions

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Clinical issues and concerns	Currently a problem?	Questions to ask
2. Reconcile conflicting needs of family members		In which ways do you feel "overstretched" by family members' needs? How has the diagnosis affected the siblings?
3. Promote school achievement and friend relationships outside the family		Is school performance up to ability and grade level? Need an individualized education program or special accommodations? Tell me about your child's friends.
4. Parental role development		Do you have any worries that you are overprotecting or indulging your child because of his or her special needs?
5. Maintain couple, parent-child, extended family relationships		How are holidays celebrated at your house? Are extended family members as involved with your family as you would like?
<b>Problems in daily life</b>		
6. Concerns about diagnosis Activities of daily living Caregiving challenges Effect on mother and father Competing demands		What information about the diagnosis exists right now to help you through the school-age years? Who performs the special care your child needs? How do you divide the work? What routines have to be practiced to maintain school hours and the other demands of a day? What is it like for you to have a school-age child with special needs? How do you manage the daily emotional demands and daily care of a child with disabilities and chronic conditions?

# Primary Care Family Assessment (continued)

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Clinical issues and concerns	Currently a problem?	Questions to ask
7. Parenting concerns Child development Discipline methods		Do you have any worries about your child right now? How do you think your child is developing? What hobbies or interests does your school-age child enjoy? How do you encourage this? What works to encourage good behavior and discourage negative behavior?
8. Need for respite Recreation and leisure Couple time		Do you sometimes feel that you are "going crazy" because you can never be alone? What do you do for fun with school-age children? What is favorite "family fun"? When was the last time you were alone as a couple? Are there any signs of growing apart?
9. School experience		How is your child doing in school? What does your child do very well in school? Need any help getting special accommodations at school because of his or her diagnosis?
10. Normalization		What is "normal" for your family right now? How would you like to be more typical?
11. Family strengths and resources		What is the best thing about your family right now? What help is most important now? What resources are available for your family? Are these adequate?

# Primary Care Family Assessment (continued)

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Clinical issues and concerns	Currently a problem?	Questions to ask
Family developmental stage: Family with teens		
1. Loosen family ties as teens mature		How independent is your child now? How well does your teen care for his or her special needs?
2. Maintain communication with teen		What do you enjoy about teens today? What activities do you share with your teen?
3. Reconcile conflicting needs of various family members		Do any family members feel left out or resent that one person gets all the attention in the family? Is anybody upset, depressed, or worried a lot? Who is stressed? How do they show it?
4. Parental role development		What is it like being a parent of a teen with disabilities and chronic conditions? (Assess for chronic sorrow.)
5. Refocus on career and couple		What would you like to do to strengthen your relationship with your partner or spouse?



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<b>Problems in daily life</b>		
6. Activities of daily living Caregiving challenges Effect on mother and father Competing demands		With children older, are family chores and self-care evenly shared among family members? How does the fact that your child is a teen affect how you manage the child's disability or chronic condition? How has "adolescent behavior" affected your role as a parent of a teen with a disability or chronic condition? How does the family manage all the demands of your family members now?
7. Parenting concerns Child development Discipline methods		What plans need to be in place for your child's future care as an adolescent and adult? Which adolescent milestones are most important to you? To your child? What would help to achieve these milestones? What works with setting limits for your teen? How does your teen strive for "more independence"?
8. Need for respite Recreation and leisure Couple time		What kind of break from the daily grind is refreshing for you? How can you take a break? What does your family do for fun right now? How often? Do you need more fun to relieve stress? Parents of teens often need to "rediscover" and reconnect with their partner after the years of parenting demands "wear you down." How can you take extra time together now?
9. School experience		What is school like for you and your child? What plans for future education, training, and life skills are needed?

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Clinical issues and concerns	Currently a problem?	Questions to ask
10. Normalization		What is a "normal" day like at your house right now? What is the hardest part of having a teen with a disability or chronic condition in your family? Does your family look typical to others?
11. Family strengths and resources		What is the best thing about your family right now? What keeps you going? Who has been a support for you? What resources do you have or need to manage during the teen years?
Family developmental stage: Launching teens into adulthood		
1. Expand family circle via marriage and adult relationships		How does the diagnosis affect your teen's plans for adult relationships and having children? How will your family change as children leave home and start lives and families of their own?
2. Reconcile conflicts between various family members		How can your teen separate from your family to begin adult life and still be connected to you?
3. Parental role development		What do you have to "let go of" and what things do you need to "hang on to" as your teen approaches adulthood?

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4. Build a new life together as teens leave		What kind of life do you imagine for yourself as your children leave home? What do you want to do with the rest of your life? What things have you put off doing?
5. Assist aging parents of married couple		How are your own parents managing? Will you be expected to care for them soon?
<b>Problems in daily life</b>		
6. Activities of daily living Caregiving challenges Effect on mother and father Competing demands		What changes in family mealtimes, activities, routines, and chores reflect having teens leaving home? What special needs still exist for your child because of the diagnosis? What does it mean to you that your teen is leaving home? How is it different from your partner's re-actions? Are there more or fewer demands on you now than when your child was younger?
7. Parenting concerns Child development Discipline methods		What plans, worries, and hopes for the future do you have for your teen leaving home? What "leftover" developmental milestones have to be addressed so that your teen can be as independent as possible? What behavioral limits do you need to set now as your teen is leaving home?

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8. Need for respite care Recreation and leisure Couple time		Has the need for respite increased or decreased as your teen has approached adulthood? What do you do for family fun now? Is there more or less time available and used for couple time?
9. Transition to work		What needs to happen so that your teen can make the transition to work?
10. Normalization		What is typical for your family right now? How does this match with what you had imagined typical family life would be at your house when teens left home?
11. Family strengths and resources		What are your hopes for the future? What resources are needed to make those hopes a reality?