

WCMCA Head Start Family Assessment Guide

(5-Thriving, 4-Self-Sufficient, 3-Stable, 2-Vulnerable, 1-Urgent Need)

Food and Nutrition (Family Well-Being):

5. Can choose to purchase without assistance any food that household desires.
4. Can meet basic food needs without assistance.
3. My family makes it through the month with assistance or outside resources. Needs occasional food support.
2. My family has limited food. We often skip meals, we are hungry often. By the end of the month we run out of food. Regular usage of food support.
1. My family has no food or means to prepare it. We're hungry all the time.

Housing (Family Well-Being):

5. Own/rent in a stable environment, safe, suits needs/preferences, able to pay utilities.
4. Safe and secure for at least 12 months, able to pay rent/mortgage/utilities, able to pay for repairs or they are taken care of.
3. Semi-permanent, relatively safe/secure, some repairs needed, mostly able to pay rent and utilities, minor landlord problems, some help from agencies. Section 8 housing.
2. Temporary housing, living with family or friends, landlord not fixing problems, utilities shut-off, help from other agencies, money for rent uncertain, unsafe, crowded.
1. Homeless, verge of homelessness, dangerous, no income for housing, very temporary (i.e., 1 week shelter, camping, vehicle, hotel.)

Financial Stability (Family Well-Being):

5. Reliable income, able to pay all bills consistently, meet financial goals, savings accounts, good credit.
4. Meet basic needs and manage debt without assistance, able to budget, credit is OK.
3. Safe, able to meet basic needs consistently with assistance and/or income.
2. Receiving some assistance or income, not able to consistently meet basic needs.
1. No money or income. Not able to meet basic needs.

Family Health Insurance (Family Well-Being):

5. All members are covered by affordable, adequate health insurance.
4. All household members can get medical care when needed but may strain budget.
3. Some household members have medical coverage.
2. No medical coverage and great difficulty accessing medical care when needed. Some household members may be in poor health.
1. No medical coverage with immediate need.

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Transportation (Family Well-Being):

5. Transportation is reliable, affordable, insured and always available. Have driver's license.
4. Transportation is generally available when needed to meet basic needs. Have driver's license.
3. Transportation is available but limited. Able to pay for/get repairs but not right away. Able to get reliable rides. Have driver's license and insurance. Can generally afford gas.
2. Transportation is available but unreliable, unpredictable or unaffordable. May have car but no driver's license.
1. No vehicle or access to transportation with others. Walk everywhere. No driver's license.

Mental Health (Family Well-Being):

5. Experiencing everyday problems and stressors but handling them. Generally happy and hopeful OR consistent mental health care.
4. Sometimes experiencing sadness, worry or moodiness but coping with everyday life OR actively committed to getting help with mental health issues.
3. Experiencing sadness, worry or moodiness but can cope with everyday life. Knows how to and willing to access help if needed.
2. Mental health issues are causing problems in dealing with family relationships and responsibilities, some days are really difficult.
1. Experiencing extreme difficulty in day to day life due to mental health issues, help is needed.

Family/Social Relationships (Family Connections to Peers & Community):

5. Has healthy, supportive network, communication open.
4. Strong support from family and friends, household members support each other's efforts.
3. Family and friends may be supportive but lack resources to help.
2. Lack of support from family and friends in the area.
1. No family or friends in the area, no support.

Adult Education (Families as Learners):

5. Has completed college degree or job training program.
4. Enrolled in higher education or job training program.
3. Has high school diploma or GED. Some barriers to continuing education.
2. Enrolled in a GED or ESL program.
1. No GED or high school diploma. Needs English as a second language.