

Activity

Identifying situations and issues that challenge me and my health.

0=no problem what-so-ever 10= a really big problem

Situation / Issues	Rating from 1-10
Lack of a supportive partner/friend	
Sadness or grief	
The amount of direct assistance that my child needs	
The equipment or technology that my child uses or needs	
The number of professional services that my child needs	
Costs/money	
The school that my child attends	
Caring for my younger child/ren	
Issues around other children in our family	
Issues in my relationship with my child's father/my partner	
My health or a current health problem (i.e. back pain)	
Inadequate health services for me	
Services that my child needs and cannot get right now	
I can't work for pay as much as I'd like	
I often experience sleep interruption when caring for my child	
The way that my child behaves often makes daily life difficult	
My child's emotional wellbeing	
Understanding my child's disability and feeling empowered to know what helps	
Time to spend on my leisure, exercise or recreation	
Issues from my cultural background or cultural beliefs/customs	
Family habits that unnecessarily affect my time	
Some of our family routines	
Our family environment or how/where we live	