

# Activity

## Identifying strengths and issues in my situation that support my health.

0=not a strength for me in my life right now    10= a really big strength for me in my situation

Situation / Issues	Rating from 1–10
A supportive partner/friend	
Feeling happy	
My child is okay from day to day—his/her needs are met	
My child has the appropriate equipment or technology that they need	
The professional services and supports around my child	
Sufficient money	
The school that my child attends is working well for my child	
Supportive family are available if I need them	
There are other family/people that my child likes to spend time with and who look after him/her in my absence	
I know of people in a life situation like me and I spend positive time with them	
My general health is okay	
I have the health and support services that I need	
My child is happy and content at the moment	
Working for pay as much as I want and need too.	
I sleep okay	
I am learning and succeeding at managing some of my child's more difficult behaviours	
I know what I need to do to minimise illness and optimise my own health.	
I do understand my child's disability and feel empowered to address what needs to be done	
I find time for leisure and recreation	
I find time to exercise regularly	
My health is adequate for the responsibilities that I have caring for my child.	
Benefits from my cultural background or community	
Habits and routines that support me and are established in your family	