Support on Health-Care Skills - Assessment

1. Daily HealthCare

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Buying food and health-care products

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Storing food and other products

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Cooking food

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Awareness of calories and nutritional habits

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Implementing nutritional habits

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Awareness of importance of mobility and regular physical activity

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Implementing healthy lifestyle / physical habits

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Awareness of importance of personal hygiene

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Effective bathing or toileting

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

|  |
| --- |
| Progress |
| Support provided |
| Needs of improvement |

Awareness of importance of personal hygiene

2. General Health

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Person can clearly explain health problems and is aware of his/her health status

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Person understands the purpose of treatment and prescribed medication

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Person is able to make ask questions about treatments and prescribed medications to professionals, family, friends or peers

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Person is aware of consequences of his/her health problems or condition

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Person is able to understand and interpret information provided by health professionals

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Person is able to follow medical treatments autonomously

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Person knows what to do in case of most common health problems (vomits, flu, headache) (which drugs to take, which hospital or doctor to call, taking precautions and preventing)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

|  |
| --- |
| Progress |
| Support provided |
| Needs of improvement |

Person knows what to do in case of health emergency (knows the emergency number and how to contact them, knows where to address in case of emergency/crisis)

3. Cross-sectional issues in Health-Care

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Person is aware of what informed consent is and in which situations can be requested by professionals

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Person is able to oppose informed consent by his/her own making a conscious decisions about the underlying consequences

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Person is aware of the side-effects medication can produce (know the term and significance and can understand concrete effects)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Person is able to recognize side-effects of medication on his/her own body and communicate them to professionals, family or peers

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Person is able to oppose prescribed medication aware of the underlying consequences of this decision to his/her health

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Person is aware of different typologies of doctors / specialists or clinics / hospitals and knows the most relevant to them and their purpose

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Person is aware on how to schedule a visit to the specialist and is able to do it on his/her own

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| date | not there  yet | good enough | Good | Excellent |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Person is aware off certain health situations and actions that can endanger him/her or third party individuals

|  |
| --- |
| Progress |
| Support provided |
| Needs of improvement |