

- Living
- Learning
- Working
- Socializing

## ASSESSING READINESS

### Need for Rehabilitation

#### Satisfaction: in current Living, Learning, Working or Socializing Role

- Do you like/dislike the people, physical characteristics/surroundings, and activities in the places you live, learn, work, or socialize?
  
- What are the reasons?

#### Success: in current Living, Learning, Working or Socializing Role

- Do you think you are doing well in the place you live, learn, work, or socialize?
  
- What do others think about how you are doing in the place you live, learn, work or socialize?
  
- Is there pressure for you to change yourself or your environment?

### Rating Need

**Very Satisfied & Successful**

**Very Dissatisfied & Unsuccessful**

<b>Low</b>					<b>High</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	



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## ASSESSING READINESS

### Self-Awareness:

*Knowledge about self related to choosing a living, learning, working, or socializing environment*

- What are your preferences and interests for the place you would like to Live, Learn? Work or Socialize?

- What are the personal values you use as a guide when making important decisions?

### Rating Self-Awareness

Very Low Awareness

Very High Awareness

1	2	3	4	5
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## ASSESSING READINESS

### Overall Readiness

Considering all of the readiness factors discussed so far, what is your overall level of confidence, hope, and motivation for choosing, getting and keeping a place to Live, Learn, Work or Socialize?

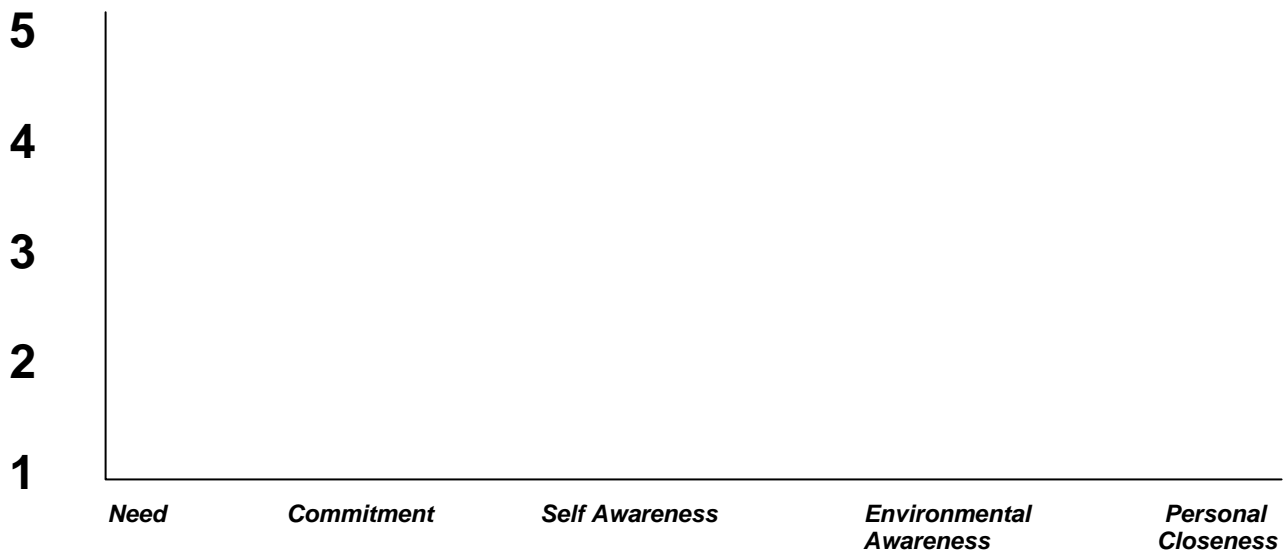
### Rating Readiness

Very Low Readiness

Very High Readiness

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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### Readiness Assessment Profile



**Overall Readiness:** \_\_\_\_\_

**Strategy:** Develop Readiness \_\_\_\_\_ Choose \_\_\_\_\_ Get \_\_\_\_\_ Keep \_\_\_\_\_

Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemece, P., & Cohen, B. (2000). Assessing Readiness for Rehabilitation: Trainer Package. Boston, MA: Center for Psychiatric Rehabilitation.  
Center for Rehabilitation and Recovery, Coalition of Voluntary Mental Health Agencies, 2006