

# PCRP Personal Environment Assessments

Researchers at the University of Washington School of Nursing tested methods of assessment for early identification and subsequent intervention for many years. Parent-Child Relationship Programs (formerly NCAST Programs), developed by Dr. Kathryn Barnard and colleagues, consists of educational programs and assessment tools which combine results from research and practice. The Personal Environment Assessment tools include the Community Life Skills scale, Difficult Life Circumstances scale, and the Network Survey. These assessments have proven valuable in conducting systematic assessments of families over time. They are useful in all types of settings, home, clinic, hospital, and with all age groups. The assessments have had wide use in clinical practice and research studies. They are designed for all levels of professionals and paraprofessionals working in the community.

## Community Life Skills (CLS) scale

The CLS is a 33 item binary scale which assesses a person's use of community resources. It measures aspects of an individual's ability to negotiate for self and family in the community. The 33 items were developed for six major content areas. These content areas include: Transportation, Budgeting, Support Services, Support-Involvement, Interests-Hobbies, and Regularity -Organization-Routine in daily life and in health care. A sample of the items by subscale follows:

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| <b>I. Transportation</b>  |                          |                          |
| 1. Client has some form of regular, reliable transportation.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Client can describe an alternate method of transportation if necessary.  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>II. Budgeting</b>  |                          |                          |
| 5. Client is able to pay bills so as not to be bothered by collectors.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Client plans purchases to take advantage of discount stores, sales, coupons.   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>III. Support Services</b>  |                          |                          |
| 10. Client has phone numbers of family/or friends easily available.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Client knows where needed services are: drug store, auto repair, post office.   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>IV. Support-Involvement</b>  |                          |                          |
| 15. Client has a close friend he/she visits at least once a week in person, by phone, by email, or social networking site.                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Client has made a reciprocal agreement with a friend to exchange favors/ services like child care, repair work, etc.                            | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>V. Interests-Hobbies</b>   |                          |                          |
| 22. Client has some hobbies or recreational interests.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Client has read some magazine (no matter what kind) at least once in the past month (need not be purchased may be online).                      | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>VI. Regularity-Organization-Routines</b>   |                          |                          |
| 26. Client's clothes appear clean and reasonably appropriate for the occasion and time of day.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 33. Client has a way of keeping track of obligations such as clinic appointments or home visits (e.g., electronic device, Outlook, paper calendar). | <input type="checkbox"/> | <input type="checkbox"/> |

The CLS is useful for gathering baseline and outcome data about the individual's use of community resources, identifying strengths and needs, facilitating mutual goal setting, and evaluating change as a result of intervention.

CLS information is obtained through a semi-structured interview. Each item is scored yes or no, based on specific criteria in the manual. Total and subscale scores are obtained by adding the yes answers. A total score of less than 18 is considered worrisome and deems further evaluation. No training is required, however, forms and a manual must be purchased for use. Inter-rater reliability is suggested. Both English and Spanish versions available.

## Difficult Life Circumstances (DLC) scale

The DLC, 2nd edition, is a 38 item binary scale that assesses the existence of stressors or chronic problems in families. It is designed to be administered as a self-report instrument but can be done by interview. The items in this tool were created from extensive experience with families. The questions are clear and easily understood. Completion of the tool takes approximately 15 minutes. The tool is different from others in that sensitive questions are included such as substance abuse and physical abuse of self or a child. It is important to note that responses to questions are the client's perception of whether or not a problem exists. A score of 6 or more Yes answers suggests a case as being at risk for parenting and child outcomes and deserves further evaluation.

A sample of items found on the DLC is shown here:

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1. Are you concerned about making payments on credit cards, a mortgage, car loans, or other large debts? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you have enough money to buy the food that you need for your family? (reverse scoring)             | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Do you have trouble finding a place to live that is suitable and you can afford?                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Do you live in a safe neighborhood? (reverse scoring)  | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Do you have a problem with alcohol or drugs (prescription or street)?                                | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. Has your current partner ever physically abused you? (No, if no partner)                             | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Have you experienced a divorce or separation in the last year?                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. Do you have concerns about immigration status of yourself or your family?                            | <input type="checkbox"/> | <input type="checkbox"/> |

No formal training is required, however, in order to use the scale, forms and a manual must be purchased. The manual provides background material, suggestions for use in clinical and research settings, and how to interpret DLC scores. Both English and Spanish versions available.

## Network Survey

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The Network survey is a tool that analyzes a person's social support network. It is a method of assessing who the important sources of support are for the individual/ family. By using this assessment form, the clinician obtains information about the type of help available, how accessible help is to the family and how satisfactory the help has been both from individuals (personal and professional) and from the community at large. It can also be used as a teaching tool, helping individuals become aware of the importance of their social support and ways to network resources for managing stressful events in their lives.

The Network Survey can be used as an interview or questionnaire. The form is two sided. Side one, Part A, asks questions about the individual's personal network and Part B, side two, about his/her professional network. On each side of the form the names and relationships of people or professionals that offer supportive relationships/services/help are listed.

After each identified support, information regarding the following questions is obtained:

- 1) how long they have known the person
- 2) what type of help the person is best able to give them and their family,(childcare, listening, errands)
- 3) how helpful the person has been for them e.g. not at all, some what, a great deal
- 4) what concern(s) the person helped them with e.g. transportation, soothing my baby, babysitting, etc.
- 5) have they been able to help the person when the person needed help?
- 6) how much trouble is it to have the person help them.  
This question is rated on a scale from 1 (no trouble ) to 5 (lots of trouble) along with an explanation of reason for the rating e.g. lives too far away, unreliable, etc.

Social support is important for maintaining one's physical and mental well being, to confident parenting, and in moderating stress. The Network Survey is a valid and reliable way of assessing a person's support within a network framework. No training is required, however, forms and a manual must be purchased to use the scale.

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All assessments are copyright protected and may not be copied.

For information on how to use and/or order the assessment forms and manuals contact:



University of Washington • School of Nursing • Box 357920 • Seattle, WA 98195  
(206) 543-8528 • pcrp@uw.edu • pcrprograms.org