



Vital Signs Life Assessment

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ECONOMIC WELLBEING

Housing



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Housing

Secure



- I live in my own home or apartment
- I live in the neighborhood of my choice
- The conditions in my house are safe and livable
- I own my home or have a long term lease
- Less than a third of my income is spent on housing

At Risk



- I won't be able to stay in my current place long term
- My home is crowded
- Between a third to half of my household income is spent on housing
- I moved more than once last year

Struggling



- I spend more than half of my household income on housing
- I am behind on my rent or mortgage payments
- I live temporarily with friends or family
- I moved more than 3 times in the past year

In Crisis



- I don't have my own place to live
- I am being evicted
- I am living in a car, a shelter, a park or on the street

ECONOMIC WELLBEING

Financial Security



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Financial Security

Secure



- My income is enough to meet all my basic needs including housing, food, transportation, clothing, childcare, and healthcare
- I can spend money on “extras” at least once in a while
- I have enough saved to cover 3 months of living expenses

At Risk



- My income is barely enough to cover my basic needs
- I can't spend money on any extras
- I don't have much saved
- I rely on public benefits for at least one important need like food, housing, or childcare

Struggling



- My income isn't enough to meet my basic needs
- I rely on public support for most of my basic needs like food and housing
- I owe money for essentials like rent or utilities

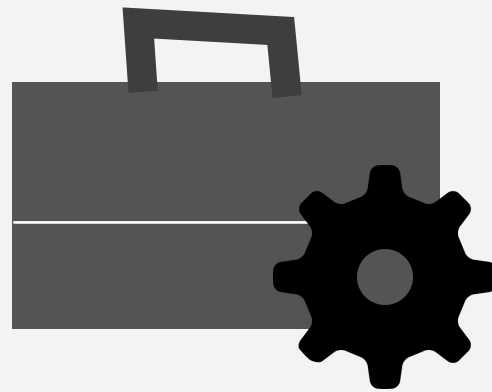
In Crisis



- I don't have a regular source of income
- I'm dependent on others for basics like food and housing

ECONOMIC WELLBEING

Employment



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Employment

Secure



- I have a secure full time job
- I have worked pretty regularly for over 2 years
- I can take time off from work if I need to
- I have skills or experience in 2 or more occupations or industries

At Risk



- I work less than 20 hours a week
- My job is temporary
- I have not worked regularly in the past two years
- I have skills in only one occupation or industry

Struggling



- I work off and on
- I have been unemployed for more than 6 months
- I do not have many work skills
- I have a hard time keeping a job

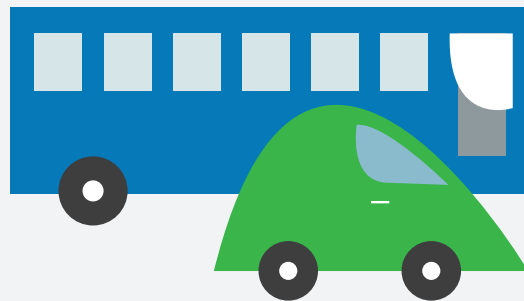
In Crisis



- I have not worked for more than one year
- I've stopped looking for work

ECONOMIC WELLBEING

Mobility



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Mobility

Secure



- I don't have any problems getting around
- I have access to my own car
- Where I live, the public transportation system gets me where I need to go

At Risk



- It's sometimes hard to get places
- I rely on public transit but its not great where I live

Struggling



- I have a lot of difficulty getting to the places I need to go
- I'm often late or don't show up because of transportation problems

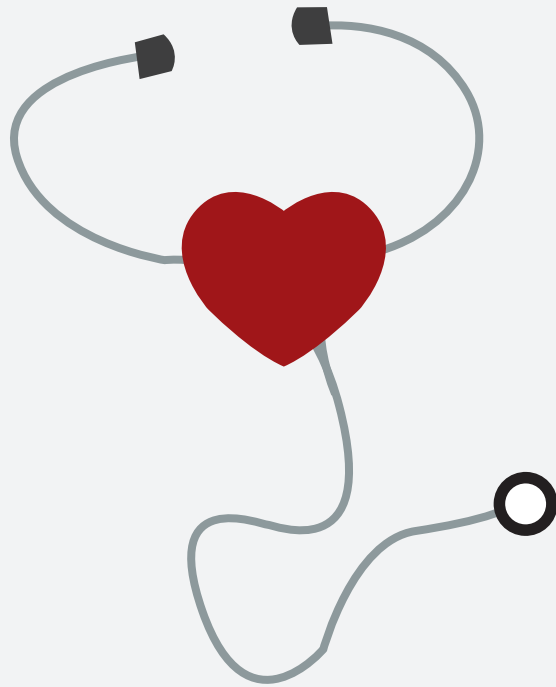
In Crisis



- I don't really go places because I don't have a way to get around
- I can't afford to pay for the bus or train

ECONOMIC WELLBEING

Health Care



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Health Care

Secure



- I have health insurance
- I can see my doctor when I need to
- My out of pocket payments for doctor visits and medicines are affordable
- I'm pursuing one or more personal health goals

At Risk



- I have basic health insurance coverage but have to pay a lot out of pocket for routine care
- I rely on public support for healthcare
- I'm not able to see the doctor as quickly or as often as I need to

Struggling



- I'm usually not able to see doctors when I need to
- My health insurance doesn't cover some of the care that I really need
- Transportation or finances made accessing care difficult
- I skip getting the medical care that I need from time to time

In Crisis



- I have serious and chronic medical problems but don't have a way to get medical care

SOCIAL WELLBEING

Communication



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Communication

Secure



- I can understand most things that I read or hear without assistance or interpretation
- I can communicate my needs or questions to others without difficulty

At Risk



- Understanding and communicating information is easier with some help or interpretation

Struggling



- I usually need some help to understand or communicate things

In Crisis



- I am not able to communicate what I need without someone that can help me

SOCIAL WELLBEING

Legal Status



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Legal Status

Secure



- I have no legal issues

At Risk



- I have been denied application for public benefits (SSI, TANF)
- I have delinquent child support or alimony payments
- I have been denied application for housing
- I have debt that I don't know how I will pay back

Struggling



- I am being pursued for having debts I can't pay back
- I have a criminal record
- I have a suspended driver's license
- My employer owes me wages

In Crisis



- I am on bail waiting for a hearing or trial
- I have a deportation order
- I have imminent or current need for restraining order
- I am being evicted

SOCIAL WELLBEING

Personal Safety



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Personal Safety



Secure

- There are no threats to my physical or emotional safety
- I feel safe and secure



At Risk

- I have experienced physical or emotional abuse in the past but not now



Struggling

- I am vulnerable to emotional or physical abuse
- I am regularly exposed to violence in my neighborhood

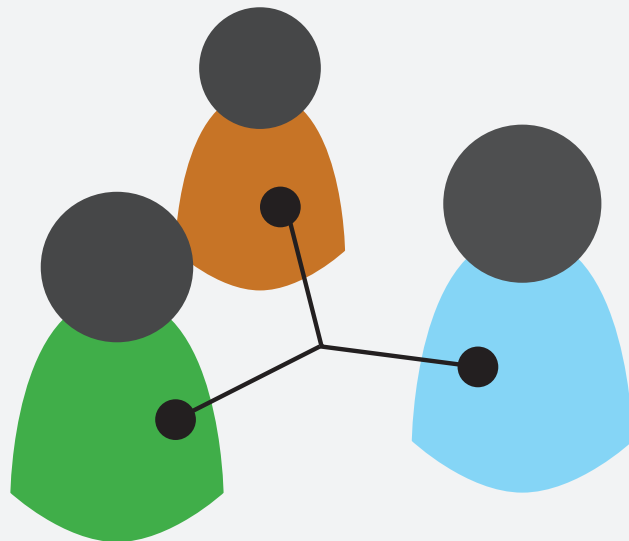


In Crisis

- I am experiencing physical or emotional abuse now
- I'm having to watch abuse happen in my home

SOCIAL WELLBEING

Interpersonal Support



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Interpersonal Support

Secure



- I have at least three people in my life that help me out if I'm in jam
- I have people who will listen to me listen to me if I'm having a problem
- I'm able to support my friends and family when they need help

At Risk



- I have one person in my life that help me out if I'm in jam or listen to me if I'm having a problem

Struggling



- I have friends and family members but cannot reliably count on them to be there if I need a hand or ear

In Crisis



- I don't have anyone around here to ask for help

SOCIAL WELLBEING

Community Involvement



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Community Involvement

Secure



- I do something with family, friends, religious or spiritual groups, or community groups at least once a week

At Risk



- I do something with family, friends, religious or spiritual groups, or community groups at least once a month but not weekly

Struggling



- I do something with family, friends, spiritual or religious groups, or community groups occasionally but less than once per month

In Crisis



- I rarely participate in social and community activities

SOCIAL WELLBEING

Family Wellbeing



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Family Wellbeing

Secure



- My children are well supervised when I am not with them (e.g. either by a family member or a childcare provider)
- The cost of childcare is not a financial hardship for me
- I have enough time to meet my child's educational and development needs
- My children are rarely absent from school

At Risk



- I wish my children had better supervision when I'm not with them
- I worry about the costs of childcare
- I wish I could do more to meet my children's educational and development needs
- My children meet academic and developmental standards
- My children miss school more often than I would like

Struggling



- I can't afford the childcare my children need
- I have too little time to meet my child's educational and development needs
- My children are not meeting academic or developmental standards
- My children are absent from school too often

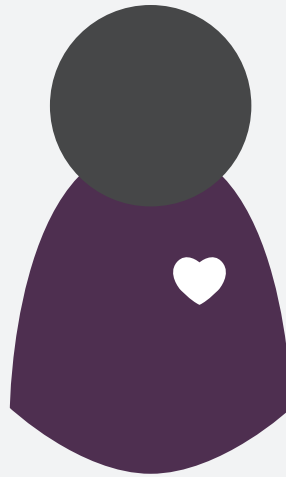
In Crisis



- My children are unsupervised sometimes
- My child has been in trouble with the law
- My child has been suspended or expelled from school

PHYSICAL AND EMTIONAL WELLBEING

Physical Abilities



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Physical Abilities



Secure

- I don't have any physical health problems that limit my abilities and activities

At Risk



- I have a physical condition that limits what I can do
- I am partially disabled

Struggling



- I have a physical condition that doesn't let me do my routine activities several days a month
- I'm unable to conduct all activities of daily life without assistance
- I am significantly disabled

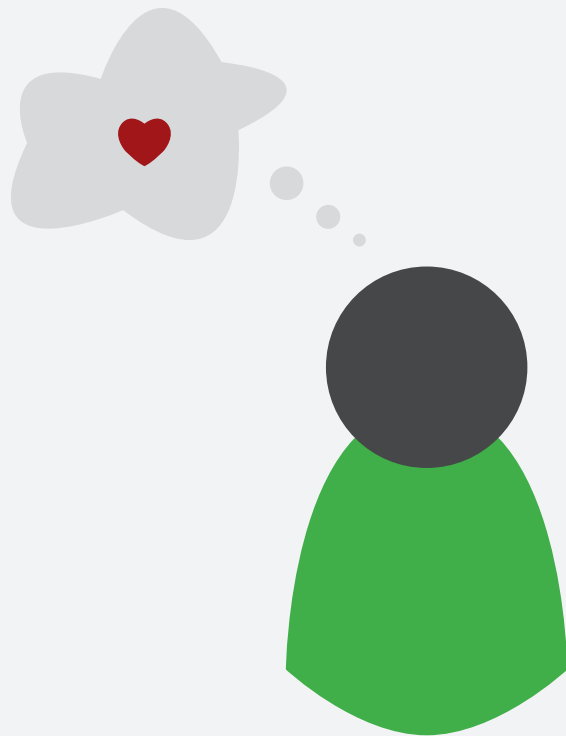
In Crisis



- I can't do my regular activities most days because of a physical health condition
- I am fully disabled

PHYSICAL AND EMOTIONAL WELLBEING

Emotional Health



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Emotional Health

Secure



- I have no mental, emotional or psychological limitations

At Risk



- I have emotional or psychological conditions that limit my regular activity more than one day per week
- I used to have a problem with drugs or alcohol

Struggling



- I have emotional or psychological conditions that limit activity at least several days every month
- I have uncompensated mental or behavioral health condition
- I have problems with my use of alcohol or hard drugs like heroin and cocaine
- I use hard drugs like heroin or cocaine from time to time

In Crisis



- I feel that I can be a danger to myself or others at times
- I don't feel safe right now
- I am afraid of what might happen if I can't get the drugs I use

PHYSICAL AND EMTIONAL WELLBEING

Autonomy



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Autonomy

Secure



- I understand my choices and can take the path I choose to
- I'm usually able to control of the important things in my life

At Risk



- I can make decisions for myself but I feel that I don't always have good choices
- Sometimes, I don't feel confident that I can handle the problems in my life

Struggling



- I am always having to choose between options that are not good for me
- I have more problems in life that I can manage

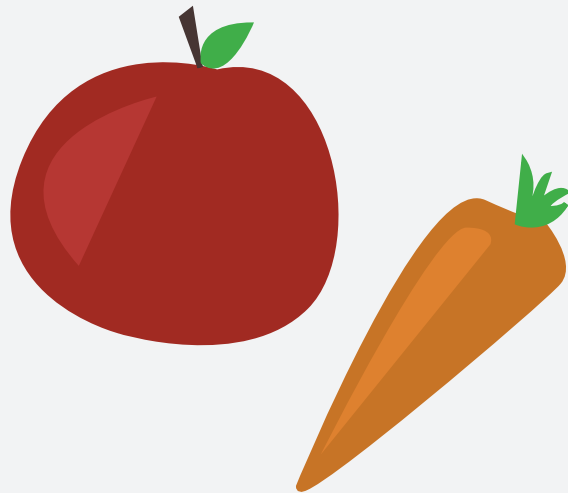
In Crisis



- I don't have control over where my life is heading
- I don't know what I'm going to do about the problems in my life

PHYSICAL AND EMTIONAL WELLBEING

Nutrition



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Nutrition

Secure



- I can afford the food of my choice for myself and any dependents
- I have a kitchen in my home
- I prepare healthy and nutritious food most of the time

At Risk



- I can't afford food of my choice
- Getting or preparing nutritious food is difficult for me

Struggling



- Some months there are days when I will skip meals or go hungry
- I am dependent on public food subsidies and other free food resources

In Crisis



- I skip meals or go hungry at least once a week