

Client Self-Assessment Survey

Name: _____

Date: _____

This survey helps you reflect on different parts of your life and identify what's going well and where you might want to improve.

Instructions

1. Rate each statement from 1 (Strongly disagree) to 5 (Strongly agree).
2. If a statement doesn't apply to you, you can leave it blank.
3. Use the 'Additional notes' section at the end for any additional thoughts.

Please turn to the next page to begin the Self-Assessment Survey. The survey is divided into sections focusing on different parts of your life. It continues across several pages.

Physical wellbeing	Strongly disagree		Neutral		Strongly agree
I have energy to do the things I want or need to do	1	2	3	4	5
My balance is good	1	2	3	4	5
My strength is good	1	2	3	4	5
I don't have aches and pains	1	2	3	4	5
My joints move well	1	2	3	4	5
I sleep well	1	2	3	4	5
I eat well	1	2	3	4	5
I look after my health well	1	2	3	4	5
I do exercise that I enjoy at least 5 times a week	1	2	3	4	5
I can see and hear well	1	2	3	4	5

Social wellbeing	Strongly disagree		Neutral		Strongly agree
I feel connected with my family	1	2	3	4	5
I feel connected with my friends	1	2	3	4	5
I see people both at home and outside	1	2	3	4	5
I am happy with my social life	1	2	3	4	5
I don't feel lonely	1	2	3	4	5
I can talk easily on the phone	1	2	3	4	5
I use technology to connect with people e.g., smartphone	1	2	3	4	5

Emotional wellbeing	Strongly disagree		Neutral		Strongly agree
I feel content most days	1	2	3	4	5
I feel happy most of the time	1	2	3	4	5
I can cope with challenges in life	1	2	3	4	5
I have people or things (e.g., pets) I care about	1	2	3	4	5
I have people who care about me	1	2	3	4	5

Environment and transport	Strongly disagree		Neutral		Strongly agree
I can move easily and safely throughout my home	1	2	3	4	5
I can confidently access the garden and letterbox	1	2	3	4	5
I feel confident and safe walking in the community	1	2	3	4	5
I feel confident driving	1	2	3	4	5
I feel confident catching public transport	1	2	3	4	5
I can easily get to the places I need to go	1	2	3	4	5

Daily tasks and leisure activities	Strongly disagree		Neutral		Strongly agree
I have activities to do for fun and leisure	1	2	3	4	5
I can cook meals I enjoy	1	2	3	4	5
I can take care of my body e.g., showering and dressing	1	2	3	4	5
I can do the housework and laundry	1	2	3	4	5
I can care for the garden	1	2	3	4	5
I regularly meet with social groups	1	2	3	4	5
I contribute to family and community life	1	2	3	4	5
I have a satisfying variety of activities to do	1	2	3	4	5

Additional comments	

This resource was created by Keep Able to help your aged care provider support you better.
If you have any questions about this resource or your support, please contact your aged care provider directly.