

“What Do You Need?”

A Needs Assessment & Resource Information Storage Tool ®

Contact us for more information on being trained on the Strategic Self Care Program.

**** DOWNLOADABLE ****

Self Care | Family Care | Community Care

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With all kinds of information floating around, you need somewhere to **store and track critical information**. Also, it is important to take a daily assessment of what you need as the access to resources, environment, support and connection to others may shift for you, your family or your community. This is a tool to help you become more aware of your needs, better communicate your needs and to help you build a library of contacts/resources. In this document you have categories with suggestions on ways to prepare to build up, research, monitor and store valuable information. Use this document as a component to your family and community meeting agendas to **monitor your needs and plan for future needs** before they become a crisis. Use the CARE CHECK IN RATING from 0 – 10 to monitor when your needs change or to HELP others talk through their own needs assessment. The goal of this form is to empower every member of the community with a tool to track needs and continuously research, store and monitor available contacts and resources. This document is not only for emergencies. This is a maintenance tool to help develop regular habits, review and join existing organizations and promote forward strategic planning for individuals, families and communities to address or prevent a crisis. Contact us with any questions at sistercarealliance@gmail.com.

**** Do not let shame or embarrassment stop you from being honest. Complete the assessment and ... Reach out and ask for help today. Add more items to fit your family's needs.**

[CARE CHECK IN RATING : 0 = Emergency - 10 = Fully Secure, Supplied & Supported]

HOME CARE/ SUPPLIES |

CARE NEED RATING: _____

Plumber Services

Locksmith

A/C Services

Cleaning Services

Cleaning Supplies : How long will it last? _____

- Toilet Paper : How long will it last? _____
- Laundry Detergent : How long will it last? _____
- Toothpaste : How long will it last? _____
- Bleach : How long will it last? _____
- Soap :
- _____ How long will it last? _____
- _____ How long will it last? _____
- Back Up Generator
- Clean Water Storage
- Batteries
- Smoke Alarm
- _____
- _____

Organizations/Individuals That Can Help:

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

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FINANCIAL SUPPORT | CARE NEED RATING: _____

- Support Needed : Emergency Funds Low ___ (\$5-\$25), ___ (\$25- \$250), ___ (\$250-\$500)
- Guidance and Help: Create Additional Streams of Income During the Shut Down
- Connection to Information Regarding Banking System Updates

Organizations/Individuals That Can Help:

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

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MENTAL & EMOTIONAL SUPPORT | CARE NEED RATING: _____

- Emotional Check In (A general check in is needed.)
- Emergency Support
- What artistic expression helps me to feel better or hopeful ? _____
- Someone who brings peace to the conversation _____
- Someone who helps me not give up _____
- Someone who inspires me to continue with my purpose _____
- Someone who will just listen _____
- Someone who will listen to me without judgement or pity _____
- Have I journaled today?
- _____
- _____

Organizations/Individuals That Can Help:

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

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COMMUNICATION & ACCESS TO CURRENT INFORMATION | CARE NEED RATING: _____

- Internet Services are Unstable or Not Functioning
- Reliable phone
- Translator
- _____
- _____

Organizations/Individuals That Can Help:

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

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PHYSICAL | CARE NEED RATING: _____

- Where is the nearest hospital or urgent care facilities (What are their hours of operation?)
- Indoor Movement Ideas
- Encouragement to move
- General Health Check In
- Safe storage of key medica information
- Secure electronic storage of medical information
- First Aid Kit

___Dental ___ Vision Check In _____

FOOD/DRINK: Water

FOOD/DRINK: Vegetables

FOOD/DRINK: Snacks

Meals ___ Quantity : ___ Full Breakfast ___ Full Lunch ___ Full Dinner

Organizations/Individuals That Can Help:

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

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SAFETY | CARE NEED RATING: _____

Monitoring of neighborhood activity safety issues

Safe Public Transportation Tools or Tips

In home emergency plan (Travel bag, safety tools etc.)

Options for alternate locations in the event your current location becomes unsafe

Family/In home drills

Code Word for Crisis/Emergency Situation

- Child education on emergency information
- Home Security System (Check functioning)
- Legal Services : What is available? (Those on probation and parole who are concerned about impact to adherence and compliance with requirements please check in regularly for current information)
- _____
- _____
- _____

Organizations/Individuals That Can Help:

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

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ENVIRONMENTAL | **CARE NEED RATING:** _____

- Air, Water and Environment Quality Issues
- Power/Electricity Unstable or Out
- Questions about Air, Water and Environment Safety Issues
- _____

Organizations/Individuals That Can Help:

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

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SOCIAL INTERACTION | CARE NEED RATING: _____

- Connect with others having an experience similar to mine
- Connect with others about something joyous
- Get out of the house to safe environment
- Just want to talk over the phone or through video conference

Organizations/Individuals That Can Help:

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

Contact: _____ Phone Number: _____

Organization: _____

Email: _____ IG/FB/Twitter: _____

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PARENTAL SUPPORT | CARE NEED RATING: _____

- Parenting tips needs
- Check in with other parents and find out how they are coping with a particular issue
- Parent Break from Children : ___ [:15 mins - :30mins] ___ [:30 mins – 1 hr] ___ [1hr – 2hrs]
- Online Teacher/Lesson : ___ Mon ___ Tue ___ Wed ___ Thu ___ Fri ___ Sat ___ Sun
- _____
- _____
- _____

Organizations/Individuals That Can Help:

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TRANSPORTATION|

CARE NEED RATING: _____

Nearest Public transportation : _____

Nearest Public transportation : _____

Gas : How long will it last? _____

Oil : How long will it last? _____

Antifreeze: How long will it last? _____

Spare Tire : Condition: _____

Flat Tire Kit : Condition: _____

Engine : Condition: _____

_____ Condition: _____

_____ Condition: _____

_____ Condition: _____

_____ Condition: _____

Organizations/Individuals That Can Help:

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Strategic Self Care Check In Form

WHAT DO I NEED?

Ask yourself what you critically need daily. Your critical needs in multiple categories of care are the basis of self-care. Find a Self Care Buddy and check in today! Strategic Self Care is the act of utilizing tools and methods to remain ENGAGED in your own Self Care Plan. Write it down. Get Strategic about your Self Care!

Self Care Categories | What do you need today?

Spiritual & Emotional

NEED : _____

GOAL : _____

Economic: (time, money, energy)

NEED : _____

GOAL : _____

Artistic: (creatively expressing and enjoying)

NEED : _____

GOAL : _____

Physical: (what my body needs)

NEED : _____

GOAL : _____

Educational: (what I want to learn)

NEED : _____

GOAL : _____

Social: (interacting with others)

NEED : _____

GOAL : _____

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Questions? Contact us at sistercarealliance@gmail.com