

**Questionnaire for 1:1 Visits that Recognize and Support  
Remaining Abilities**

Fill in the blanks

Name

Date

Fill in the blanks about your partner with the information your partner **is comfortable in sharing with you**. One sentence is all that is needed. Whatever comes to mind when asked the question.

**PART I:**

How Do You Care for Yourself?

1. What gives you a sense of personal worth in your life right now?

a) What do you do that you think is valuable to others?

b) To yourself?

2. What do you need to take care of your own needs on each level of BASICS at work?

**Biological** (Health and Safety)

What do you need to make you feel safe?

**Activities of Daily Living** (Personal needs that support life style)

What do you need to help you feel physically comfortable?

**Social-cultural** (Need for unique personal identity within family and groups)

What do you need to help you experience a sense of control?

**Interpersonal** (Need for connection with others)

What makes you feel valued as a person?

**Creative** (Need for personal expression and meaningful activity)

What helps you to experience optimal stimulation?

**Symbolic** (Need for expression of beliefs, hopes, dreams, values and ability to control important aspects of your life.)

What do you need to help you experience pleasure in your work?

**PART II:**

How Many of These Indicators of Relative Well-being Do You Have?

Think about and list examples of the following in your own life:

1. When did you last assert your will about something you wanted to do:

2. When did you last express your emotions in two different ways:

3. When you made the first move toward social contact with someone:

4. When you showed warmth and affection:

5. When you showed sensitivity to another person:

6. When you showed respect for yourself:

7. When you showed acceptance of others that were going through what you were going through or have gone through:

8. When you showed an example of your sense of humor:

9. When you did something to express yourself creatively:

10. When you were pleased about something:

11. When you were helpful to someone:

12. When you were really relaxed: