
Appendix B

Additional Tools to Help with the Assessment Process

Family and Social Assessment Tools

Genograms

What Is a Genogram?

It is a graphic representation of “family” members and their relationships over at least three generations. It looks very much like a family tree or a genealogy chart.

How Is It Used?

The genogram can be used in a variety of ways; three common ones include:

1. To identify clearly who exists in the “family” network in order to establish who is or might be available to provide social support to a given person.
2. To identify the medical history and patterns of behavior that may be relevant to a person’s real or believed medical or psychological status.
3. To formulate hypotheses about family functioning that can be utilized in family therapy. “Families repeat themselves. What happens in one generation will often repeat itself in the next.”

Why Is It a Useful Tool?

1. It is immediately recognizable and visible in a client record.
2. It is put together with the client/family’s participation, and thereby helps the client as well as the social

worker clarify issues.

3. It can be modified over time, allowing both the social worker and the family to note changes.
4. It can help clarify family relationships and feelings both horizontally and vertically.
5. It is flexible; there is no agreed upon “right way” to do it or limit to its use.

How Is the Genogram Made?

Tell the client and/or significant other person that you would like help in putting together a family tree so that you can understand the client’s background and family relationships better. Page 159 shows commonly used symbols to indicate persons and relationships.

1. Start with the client or index person. Ask for full name, date of birth, and place of birth. Draw the client/index person symbol in center of page.
2. Ask for names of the client’s parents, their health (if living), age or date of birth, current or last place of residence, and date and cause of death, if deceased. Ask if either parent was married more than once and obtain same information for those marriages. Add appropriate symbols to drawing.
3. Ask for siblings’ names, health, age or date of birth, place of residence, and date and cause of death if deceased. Add symbols to drawing, beginning with eldest sibling on the left, and place client in appropriate birth order.
4. Ask if the client is or was married, and if so, how many times. Ask for dates of marriage (and separation or divorce, if appropriate). Ask for name of each spouse, age or date of birth, health status, and date and cause of death, if deceased. Add these symbols to the drawing.
5. Ask if the client has children, and if so, how many and birth order. Get each

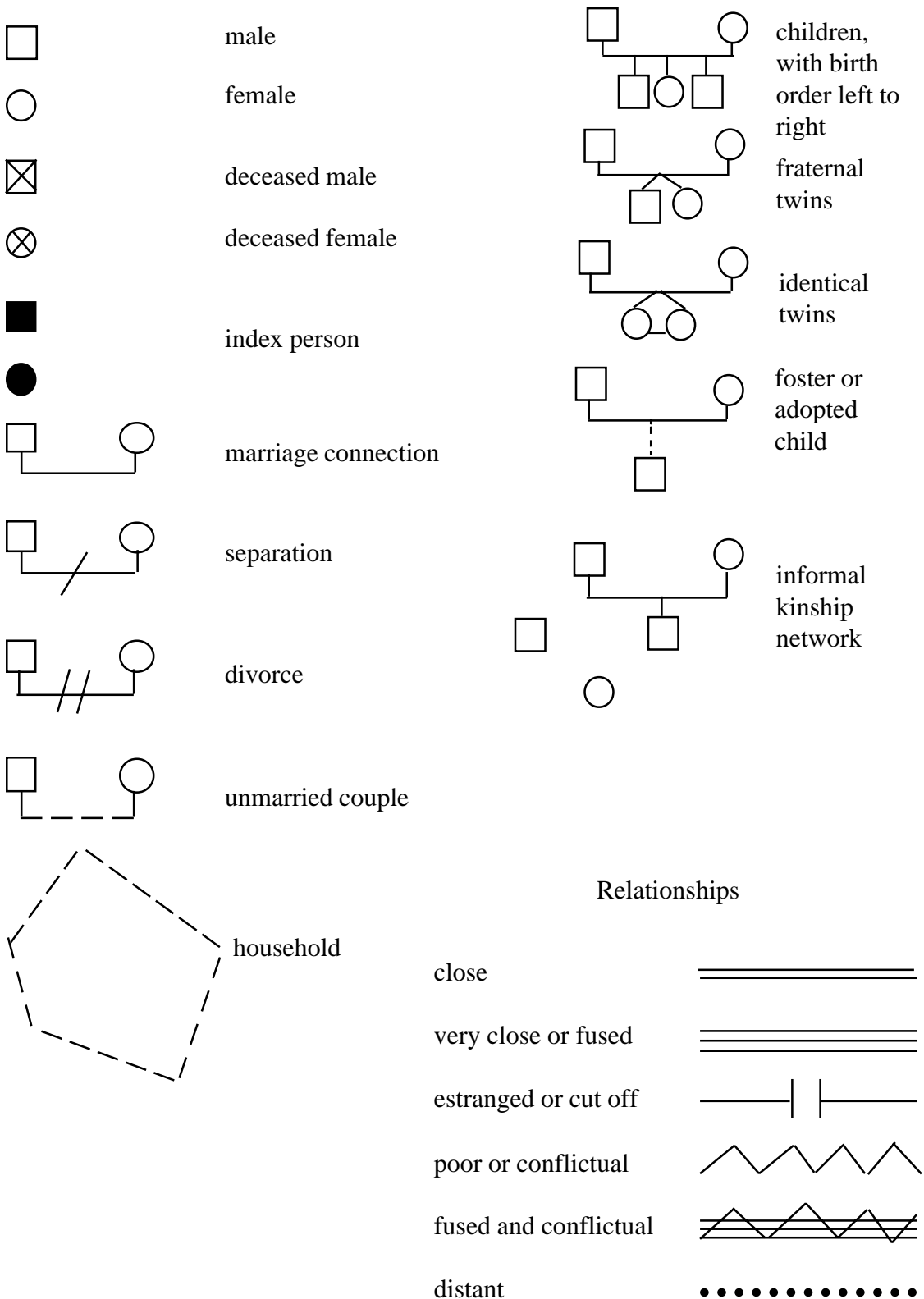
child's name, age or date of birth, health status, place of residence, and date and cause of death, if deceased. If children are married, add information about their spouses. Add their symbols to the drawing.

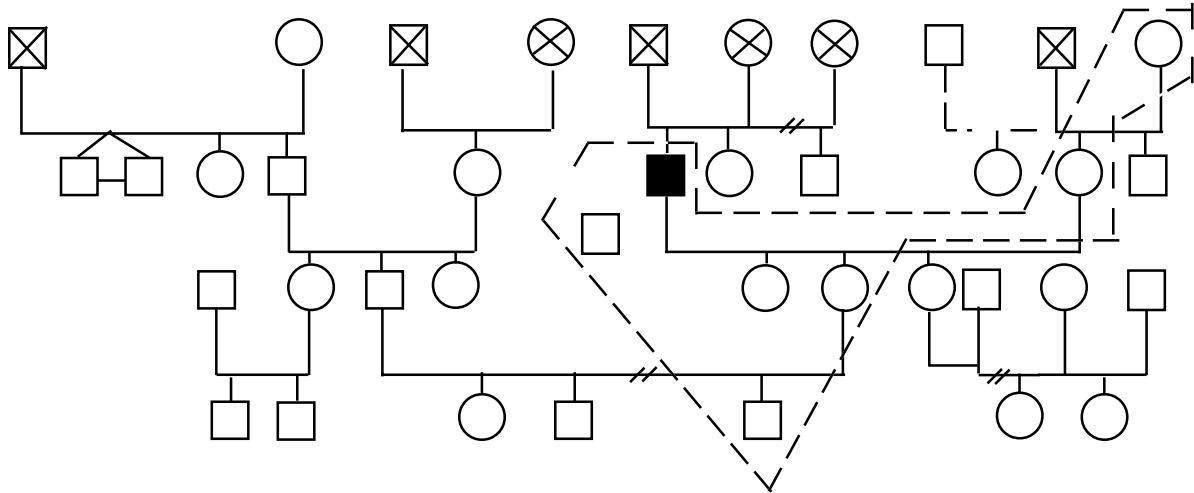
6. Ask if the client has grandchildren, and complete drawing as for children.
7. Ask if the client has any nonrelatives who are very important—like family. Draw symbols for them, and gather information as for children.

While obtaining information to draw the genogram, you may find it appropriate and comfortable to gather additional information:

1. Who lives in the client's household?
Show on genogram with dashed circle.
2. Which family members or others know about the client's problem(s)?
3. How do other family members see this problem?
4. Has anyone else in the family had it?
What solutions did they try and how did they work?
5. Has anyone in the family had a problem with alcohol or drugs, psychiatric problems, or trouble with the law?
6. What family relationships have been especially close, distant, or dependent?
7. If appropriate, ask about educational and occupational history.
8. If appropriate, obtain eco-map information about community contacts with and assistance from individuals and agencies.

Symbols for Constructing a Genogram





Interpretation

This male client has been married once and lives with his wife, mother-in-law, his eldest daughter who is single, his middle divorced daughter and her younger son, and his male friend. Outside the home he has a living sister and half brother, a youngest daughter and her second husband, two granddaughters by his youngest daughter and another granddaughter and grandson by his middle daughter and divorced husband. His parents are not living. His wife has a living brother and an out of wedlock step-sister.

Eco-maps

What is an eco-map?

The eco-map is a paper-and-pencil diagram of the ecological system of the client/family, the major systems, together with all their relationships, that affect and are affected by the client/family.

How is it used?

1. To identify members of the household and of the extended family, the nature of the relationships among them, and the resources they exchange with the client.
2. To identify other people and systems in the client/family's social environment and the resources exchanged with them.
3. To identify the client/family's relationships with community systems.
4. To identify present and past contributions of the client to others.
5. To identify systems from which additional resources might be available.

Why is it a useful tool?

1. It organizes a great deal of information for the client's record.
2. Creating the eco-map engages the client/family in the process of assessing their relationship with the social environment.
3. It helps to identify the client's positive contributions to her environment and gaps in support from the environment and to identify and evaluate possible resources for help.
4. It can be modified over time, allowing both the social worker and the family to note changes.
5. It can be adapted to all kinds of social situations.

How Is the Eco-map Made?

1. Tell the client and/or significant other person that you would like them to help you put together a picture of the client/family's important relationships

with family and the community, or of what makes up their world.

2. Start with the client's household. Household members should be mapped as in the traditional family tree, using squares to indicate males and circles to depict females. Deceased members, with an X to indicate that they are dead, can be mapped at the edge of the circle.
3. Next, those environmental systems which affect the client/family's life are identified on the map; as soon as the nature of the client-system transaction has been determined, a line is drawn to express both the connection and its quality (as indicated at the bottom of the form). Arrows can be drawn along the connecting lines to indicate the direction of the flow of resources, energy, or interest. Connections can be drawn to the family circle as a whole, or to individual family members, as appropriate.
4. Other environmental systems may be identified in terms of past history or possible future involvement.
5. Use the blank circles or draw new ones for additional systems.

While drawing the eco-map, it may be easy and appropriate to explore:

1. What do the client/family perceive the exchanges with the other systems to be (who does what for whom, now and in the past)?
2. How do the client/family feel about the exchanges with the other systems—in particular how does the client feel about help received, how does the family member feel about help given?
3. How adequate do the client/family feel the exchanges to be in meeting identified needs?
4. Do the client/family perceive any other

systems to be, or to be worth exploring as, potential sources of help to meet identified needs?

5. Do some of the systems providing resources to the client face many conflicting needs, or show evidence of strain due to caretaking.

Note that the eco-map has the potential for identifying strengths as well as needs of the client/family system and present or past reciprocation by the client. The eco-map can be constructed or filled out with client and family member separately or together. A blank tool with labeled circles corresponding to the example presented here is included on page 165, but the eco-map can be constructed using a plain piece of paper.

Fill in connections where they exist.

Indicate nature of connections with a descriptive word or by drawing different kinds of lines:

_____ for strong; ■ ■ ■ ■ for tenuous; +++++ for stressful; —|— interrupted or broken tie.

Draw arrows along lines to signify flow of energy, resources, etc. —> —> —>

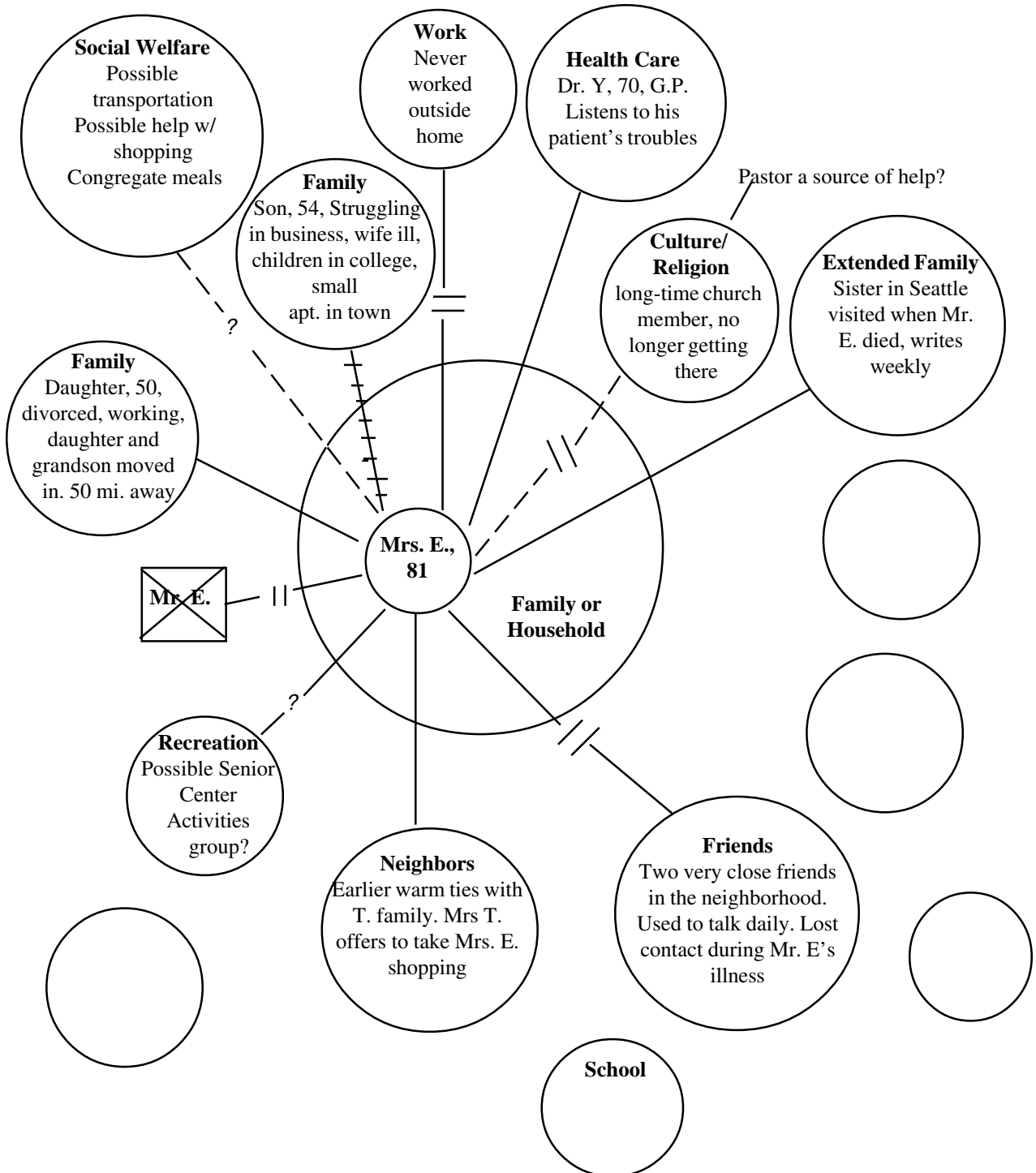
Identify significant people and fill in empty circles as needed.

Name: Mrs. E.

Date: 1/28/87

Eco-Map

Recently widowed, Mrs. E. and her family are in crisis. Mrs E. is frightened and helpless, unable to manage. IADLs and ADLs declining. When terrified at night, she calls her son at all hours. The eco-map identifies real and potential resources, areas in which Mrs. E. earlier made contributions, domains in which to seek out additional resources.

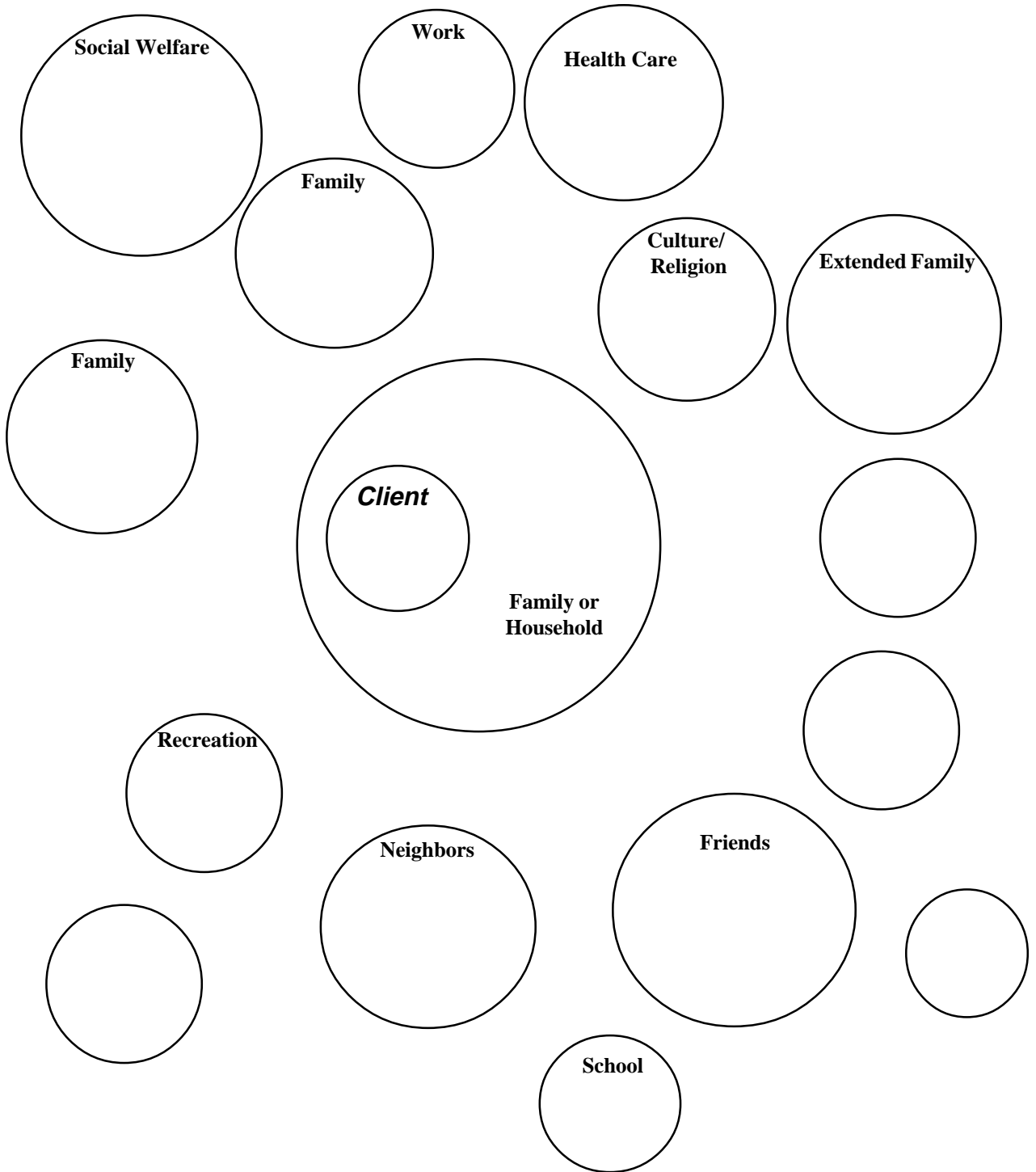


Eco-Map

Name:

Brief History:

Date:



Geriatric Depression Scale

Choose the best answer for how you felt over the past week.

1. Are you basically satisfied with your life?	yes (0)	no (1)
2. Have you dropped many of your activities and interests?	yes (1)	no (0)
3. Do you feel that your life is empty?	yes (1)	no (0)
4. Do you often get bored?	yes (1)	no (0)
5. Are you hopeful about the future?	yes (0)	no (1)
6. Are you bothered by thoughts you can't get out of your head?	yes (1)	no (0)
7. Are you in good spirits most of the time?	yes (0)	no (1)
8. Are you afraid that something bad is going to happen to you?	yes (1)	no (0)
9. Do you feel happy most of the time?	yes (0)	no (1)
10. Do you often feel helpless?	yes (1)	no (0)
11. Do you often get restless and fidgety?	yes (1)	no (0)
12. Do you prefer to stay at home, rather than going out and doing new things?	yes (1)	no (0)
13. Do you frequently worry about the future?	yes (1)	no (0)
14. Do you feel you have more problems with memory than most?	yes (1)	no (0)
15. Do you think it is wonderful to be alive now?	yes (0)	no (1)
16. Do you often feel downhearted and blue?	yes (1)	no (0)
17. Do you feel pretty worthless the way you are now?	yes (0)	no (1)
18. Do you worry a lot about the past?	yes (1)	no (0)
19. Do you find life very exciting?	yes (0)	no (1)
20. Is it hard for you to get started on new projects?	yes (1)	no (0)
21. Do you feel full of energy?	yes (0)	no (1)
22. Do you feel that your situation is hopeless?	yes (1)	no (0)
23. Do you think that most people are better off than you are?	yes (1)	no (0)
24. Do you frequently get upset over little things?	yes (1)	no (0)
25. Do you frequently feel like crying?	yes (1)	no (0)
26. Do you have trouble concentrating?	yes (1)	no (0)
27. Do you enjoy getting up in the morning?	yes (0)	no (1)
28. Do you prefer to avoid social gatherings?	yes (1)	no (0)
29. Is it easy for you to make decisions?	yes (0)	no (1)
30. Is your mind as clear as it used to be?	yes (0)	no (1)

Add the points corresponding to the answers given.

Total: _____

Interpretation:

normal: 0–9

mild depressives: 10–19

severe depressives: 20–30

Yesavage, J. A., T. L. Brink, T. L. Rose, O. Lum, V. Huang, M. Adey, and V. O. Leirer. Development and validation of a geriatric depression screening scale: A preliminary report. *Journal of Psychiatric Research* 17(1) 1983: 37–49. See also <http://www.stanford.edu/~yesavage/GDS.html> for a short form (15 questions).

The 6-Item Short Blessed Test (SBT)

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Burden Interview

Zarit, S. H., N. K. Orr, J. M. Zarit. 1985. *The hidden victims of Alzheimer's disease: Families under stress*. Pp. 78–79. [See also the “burden interview,” pp. 84–85.] New York: New York University Press.

For an on-line version go to

http://www.upstate.edu/geriatric_education/library/burinst.pdf (instructions)

http://www.upstate.edu/geriatric_education/library/burden.pdf (tool)

A Work Sheet for Economic Assessment

Monthly Expenses

Rent or house payment			\$
Electricity			\$
Gas			\$
Oil/wood/coal			\$
Water/Sewer			\$
Telephone			\$
Food			\$
Clothing			\$
Laundry			\$
Household maintenance/supplies			\$
Household equipment/furniture			\$
Insurance	Provider	Policy no.	
Life			\$
Health			\$
Auto			\$
Home owner's			\$
Burial			\$
Other:			\$
Medical and dental bills			\$
Prescriptions			\$
Debt repayment (loans, charge accounts, credit cards)			\$
Taxes (one-twelfth of annual)			\$
Transportation			\$
Gifts, pocket money			\$
Other:			\$
Other:			\$
Total Monthly Expenses			\$

Monthly Resources

Source	Monthly Income	Needs Referral
Social Security	\$	
SSI	\$	
State/county special assistance	\$	
AFDC	\$	
Dividends/interest (estimate monthly)	\$	
Energy assistance	\$	
Food stamps	\$	
General assistance	\$	
Housing subsidy	\$	
On-going cash from others	\$	
Railroad retirement	\$	
Retirement pension	\$	
Salary/earnings	\$	
Income from rental property	\$	
Veteran's benefits	\$	
Other:	\$	
Other:	\$	
Other:	\$	
Total Monthly Income	\$	

Other Resources

Medicaid	yes	no	Needs referral?	yes	no
Medicare					
Part A	yes	no	Needs referral?	yes	no
Part B	yes	no	Needs referral?	yes	no
QMB	yes	no	Needs referral?	yes	no
WIC Vouchers	yes	no	Needs referral?	yes	no
Private health insurance	yes	no			
Savings	yes	no	Amount \$_____		
Burial plan	yes	no	Irrevocable?	yes	no
With whom?					
Other:					