## **Self-Assessment Tool: Self-Care**

If you're interested in this clinical form for use in Explorer Online please get in touch.

Clinical Form Name	Self-Assessment Tool: Self-	-Care		
Clinical Area(s)	Occupational Therapy			
Description of Use	Provides a snapshot of a person's current attention to personal wellness			
Availability	Yes, full access in Explorer Online			
Explorer Online Screenshot	SELF-ASSESSMENT TOOL: SELF-CARE			
	HOW OFTEN DO YOU DO THE FOLLOWING?			
	PHYSICAL SELF CARE			
	EAT REGULARLY (E.G.	O Frequently O	Comptimes O Parely C	Never O It never even occurred to me
	BREAKFAST & LUNCH)			
	EAT HEALTHFULLY EXERCISE. OR GO TO			Never O It never even occurred to me
	THE GYM			
	LIFT WEIGHTS PRACTICE MARTIAL			Never O It never even occurred to me
	ARTS			Never O It never even occurred to me
	GET REGULAR MEDICAL CARE FOR PREVENTION	O Frequently O	Sometimes O Rarely C	Never O It never even occurred to me
	GET MEDICAL CARE WHEN NEEDED	O Frequently O	Sometimes O Rarely C	Never O It never even occurred to me
	TAKE TIME OFF WHEN YOU'RE SICK	O Frequently O	Sometimes O Rarely O	Never O It never even occurred to me
	GET MASSAGES OR OTHER BODY WORK	O Frequently O	Sometimes O Rarely O	Never O It never even occurred to me
	DO PHYSICAL ACTIVITY THAT IS FUN FOR YOU	O Frequently O	Sometimes O Rarely O	Never O It never even occurred to me
	TAKE TIME TO BE SEXUAL	O Frequently O	Sometimes O Rarely C	Never O It never even occurred to me
	GET ENOUGH SLEEP	O Frequently O	Sometimes O Rarely C	Never O It never even occurred to me
	WEAR CLOTHES YOU	O Frequently O Sometimes O Rarely O Never O It never even occurred to me		
	LIKE TAKE VACATIONS	○ Frequently ○ Sometimes ○ Rarely ○ Never ○ It never even occurred to me		
	TAKE DAY TRIPS, OR	○ Frequently ○ Sometimes ○ Rarely ○ Never ○ It never even occurred to me		
	MINI-VACATIONS GET AWAY FROM			Never O It never even occurred to me
	STRESSFUL TECHNOLOGY SUCH AS		,	
	PAGERS, FAXES, TELEPHONES, E-MAIL	TELEPHONES, E-MAIL		
	OTHER	O Frequently O	Sometimes O Rarely C	Never O It never even occurred to me
Report Preview	Mrs Patient Marie TEST &			Born 12-Dec-1990 (31y) Gender Female 31y at the time of observation
	Address 12 Demo Street MAROOCHYDORE QLD 4558		Phone (07)54566000	Medicare No. 4608688371/1
	Specimen Lab No	Request Date	Effective Date	Generated Date
	ACAB0AD1-6F49-457E-B32C- 6C0A10ADF80F	9/09/2022 3:45 PM	9/09/2022 3:45 PM	
	Self-Assessment Tool: Self-Care (E DAY)			
	HOW OFTEN DO YOU DO THE FOLLOWING?  Physical Self Care			
	Eat regularly (e.g. breakfast & lunch)			Frequently
	Eat healthfully			Sometimes
	Exercise, or go to the gym Lift weights			Rarely Never
				It never even occurred to
	Practice martial arts			me It never even occurred to
	Get regular medical care for prevention			me
	Get medical care when needed			Never
	Take time off when you're sick  Get massages or other body work			Sometimes
	Do physical activity that is fun for you			Frequently
	Take time to be sexual			Frequently
	Get enough sleep Wear clothes you like			Sometimes Rarely
	Take vacations			Never
	Take day trips, or mini-vacations			It never even occurred to me
	Get away from stressful technology such as pagers, faxes, telephones, e-mail			Sometimes
	Other  Psychological Self Care			Frequently
	Make time for self-reflection			Sometimes

