

**Self-Assessment Tool for Occupational Therapists**  
**Project FORCES: Empowering families without overburdening them**

Completed by (name of occupational therapist): \_\_\_\_\_ Date: \_\_\_\_\_

**Thinking about your recent service delivery to families, select the answers that best suit your situation on a scale of 1 to 4, where 1 represents "not at all" and 4 represents "a lot":**

To what extent do you feel that...	1 Not at all	2 A little	3 Moderately	4 A lot	I don't know
1. The family had quick and easy access to services? E.g., short/no waiting lists, free/low-cost access.					
2. You were sensitive to the possible negative impacts of services on the child and his/her family? E.g., missing important activities, pressure on parents					
3. You offered flexible arrangements? E.g., location, schedule, frequency					
4. You prioritised the objectives and interventions in collaboration with the child and his/her family? E.g., based on what is important to them					
5. You avoided overloading parents with information and exercises? E.g., adapting the language, not giving too much information or too many exercises to do at home at the same time					
6. You took your time? E.g., to get to know them, to explain, to follow up, to answer their questions					
7. You focused on the positive? E.g., naming strengths, congratulating, highlighting small victories					
8. You worked as a team? E.g., teamwork between professionals and with educators, between the occupational therapist and the parent					
9. You offered support to the family to engage in occupational therapy services? E.g., support at home, from relatives, supplies					

**Do you have any ideas for how our services could be even better at empowering families without overburdening them?**

Thank you for taking the time to reflect on your practice!