

EXTENDED FAMILY TEACHING MODEL PROGRAM

READINESS SELF-ASSESSMENT

As you read each question, place a check mark in the box that you feel best corresponds with your answer.

1. Can your home accommodate an additional person?

The consumer that will be living with you and your family will need enough living space to be comfortable. This means that the consumer must have his/her own room must have access to all areas of the home that are common to the others living in the home.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It would be impossible for an additional person to live in my home.	Things might get a bit crowded, but I believe we can make space by moving people and/or things around.			My home could easily accommodate another person without creating crowded or uncomfortable conditions.

2. Do you have the time to care for a person with special needs?

Individuals with disabilities often have needs beyond those of a typical person. Many individuals with disabilities require constant supervision and care and might have additional medical or clinical appointments.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Having enough time to do this work is one of my primary concerns. While I want very much to make this work, I already have so many other demands on me that I honestly don't know how I would find the time.	Although I would have to manage my time carefully and modify my lifestyle slightly, I feel fairly sure I could make the time needed to care for and teach to a person with special needs.			I have more than enough time to care for and teach to another person, even if that person does have particularly demanding and constant needs.

3. Do you have the emotional capacity to care for another person?

Individuals with disabilities can be extremely emotionally demanding. Consider the emotional demands you already have, and determine whether you are prepared to meet an increase in the demands placed on you.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I could only work with a person who is not too emotionally demanding. I already have so many people who depend on me; I am really not prepared to take on more emotional responsibility.	Although I feel like I already have too many emotional demands at times, I think I could still accommodate the demands of a person with disabilities.			Emotional demands are never easy, but I am at a point in my life where I feel I have enough to give. I am very emotionally stable and I feel prepared to accept the additional emotional responsibility.

4. Can you accept a person with disabilities as he or she is?

A person with disabilities may not be prepared for the rules and expectations of your household. The person may be able to adjust slowly or may never fully accept or meet your standards.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>I have very high expectations for myself and those around me. If a person with disabilities came into my home, he or she would simply have to live by my rules, or another placement would have to be found.</p>	<p>There have been occasions in which I have found it difficult to accept the differences of others, but the majority of the time I am an accepting person. I believe I could accept most people as they are.</p>	<p>I believe that my ability to accept others and understand differences among people is one of my strengths. I know that the work will be difficult sometimes, but I am prepared to accept the differences of a person with disabilities.</p>		

5. How physically healthy is your family?

Care of people with disabilities can be hard work and physically demanding. Your physical condition and the condition of your family members will have an effect on your ability to care for a person with disabilities. Health can also influence the type of person you could work with.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Either myself or members of my immediate family have major health difficulties, which require my constant attention. I am concerned about my ability to meet the physical demands of the position.</p>	<p>Neither myself nor any members of my immediate family have major medical or physical limitations. However, there are some minor health issues that need my attention on an ongoing basis.</p>	<p>My family and myself are in excellent physical condition. I have no concerns about my ability to meet the physical demands of the position.</p>		

6. How stable is your family?

Having a person with disabilities in the home places an additional strain on any family. Problems that are already present could be worsened by the additional stress and demands of the person.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Although we all mean well, I have to admit that there are conflicts and problems present in our household. I have actually hoped that the addition of another person to the home might ease some of the strain.</p>	<p>My family is not the most chaotic or difficult family I have ever known, but we definitely have our share of difficulties. I don't believe a person with disabilities would make this situation unbearable.</p>	<p>Like any family, my family has had its ups and downs. But generally, we are stable. We are each able to discuss concerns openly and work out our difficulties.</p>		

7. How are your own children doing?

The time you spend caring for a person with disabilities is time you spend away from the needs of your own children. Are your children doing well enough for that? How well do they get along with each other? How would they react to the addition of another person with needs?

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>I have children who demand constant care and attention. They are having difficulties both at home and at school. I know my children are not excited about my becoming an extended family teacher, but they will get used to it.</p>	<p>My children require a good bit of attention themselves. They have some problems, either at home or at school. I think I could manage my own children and also a person with disabilities.</p>	<p>My children are not exceptionally demanding of my time or energy. They are doing well at home and at school. They support my choice to be an extended family teacher and want to help in any way they can.</p>		

8. How stable is your marriage?

A person with disabilities in the home puts a strain on a marriage. Is your marriage capable of absorbing this type of impact? Are you both in agreement about the decision to accept a person with disabilities into your home?

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Our marriage is rocky. We disagree about many things, including the decision to become extended family teachers. Although my spouse does not support me, s/he has agreed to let me give extended family teaching a try.</p>	<p>I consider my marriage stable and our relationship is good. My spouse does not want to be an extended family teacher, but agrees to support me as long as the demands are not too great.</p>	<p>I have a strong and committed relationship with my spouse. We both enjoy the same activities and we work through our disagreements. My spouse would like to become an extended family teacher.</p>		

9. How do your family members feel about your desire to become an extended family teacher?

It is important to consider the opinions of your family members as you evaluate your decision to become an extended family teacher. Both children and adults may have concerns about how they fit in and how this decision would effect their relationship with you.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Some members of my family support me and others do not. I have some serious concerns about how members of my immediate family will respond to my decision if I become an extended family teacher.</p>	<p>Although there has been some discussion about the possibility of my becoming an extended family teacher, I am not sure how everyone feels about the situation. I am fairly sure that no one would have a problem with my decision.</p>	<p>I have discussed the decision to become an extended family teacher and I have the full support of my immediate and extended family. I have no major concerns about their ability to adjust to the situation.</p>		

10. Are you willing to complete the required training and to become a certified teacher?

California Community Opportunities requires you to complete minimum training standards annually as well as become and remain a certified teacher. Without this training and certification you will lose your ability to remain an extended family teacher. In addition, your spouse will be required to meet minimum training standards.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>It would be extremely difficult for me to attend training in addition to my other responsibilities. And it is out of the question for my spouse to attend any type of training classes.</p>	<p>It might be difficult for me to attend training sessions, but I may be able to rearrange my schedule as long as it was flexible. My spouse may have difficulty but would make the necessary efforts to meet all minimum training standards.</p>	<p>I would welcome the opportunity to learn more about how to better serve and teach to a person with disabilities. I am certain that my schedule would allow me to meet all necessary requirements. My spouse would agree to meet all necessary training standards.</p>		

11. Are you willing to be observed and to receive feedback about your teaching?

An integral part of the process of becoming certified is observation and feedback. The professionals you will be working with will be visiting your home and might even accompany you and the person you are working with into the community. During these visits they will observe your teaching and provide you with positive and corrective feedback.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>I would have difficulty being told how to work with the person I will be teaching, particularly when that person is living in my home. I believe I will know what is best for the person.</p>	<p>I could accept feedback from a professional and I would not mind getting suggestions about how to teach better. But I do tend to be sensitive about getting corrective feedback on my work.</p>	<p>I want to ensure effective teaching procedures are used and know that to do so, requires a team effort. I welcome working with a professional in the field. Suggestions and feedback would be welcomed.</p>		

12. Is your spouse (and other family members) willing to be observed and to receive feedback about his/her interactions and teaching skills?

Positive and effective teaching skills are an integral part of a successful extended family teaching arrangement. Every family member becomes a teacher at times. The professional working with you during his/her visits will observe the teaching and provide positive and corrective feedback regarding the interactions and teaching skills of your spouse as well as you.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>My spouse would have difficulty being told how to work with the person we will be teaching, particularly when he/she views this as my job, not theirs.</p>	<p>Although my spouse thinks this is primarily my job, he/she understands that there will be times when he/she will need to interact and teach as well. I think he/she would be open to receiving suggestions and feedback, but may be uncomfortable at first.</p>	<p>My spouse and I fully understand that it is important for both of us to have good teaching skills to make this arrangement successful for everyone. I know that my spouse would welcome suggestions and feedback to improve.</p>		

13. Are you willing to accept the intrusion into your lifestyle?

With a person with disabilities in your home, you will certainly lose some of your privacy. In addition to California Community Opportunities staff, the person's family might visit you. Other representatives from the Regional Center will visit your home as well. Extended family teachers are required to accept these visits.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>My privacy is very important to me and I would find these intrusions to be extremely difficult. I could only have a person in my home that did not require so many visitors.</p>	<p>Routine intrusions into the home would be part of my position as an extended family teacher. I could accept that. However, I would require a call in advance and I would prefer a schedule.</p>	<p>Although it would be disruptive to have so many intrusions on our lifestyle, I recognize that these intrusions are necessary to ensure the quality of care for the person. It is not particularly disturbing to me to know these will occur.</p>		

14. Are you ready to include the schedule of another person at all times?

The inclusion of another person into the lives of you and your family may at times prove to be more of a challenge than you might have originally thought. Those times might include planning for a family vacation, or when a crisis occurs such a medical or personal emergency. In addition, you will not be able to spontaneously take time off because you won't tickets to a concert or a cruise without planning for the care of your extended family member.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>I can see that I would need to consider the schedule of the person under normal circumstances, but would expect some assistance in the case of a family crisis or family vacation. It is not the same as planning for my children or family members.</p>	<p>I understand that in the event of a family vacation or crisis I would be responsible for ensuring that their care is provided for, however, I see this a little differently than the consideration of scheduling and planning for my children. I would want to know what supports that I could possibly utilize at these times.</p>	<p>The scheduling and care of our extended family member is the same as it would be for my children or other family members, even in the event of a family vacation or crisis.</p>		

15. Are you willing to make the commitment needed to do this work?

Many people with disabilities have experienced high levels of turnover in their direct care staff. It will take time for this person to adjust, as it will for your family. This is a big decision and involves making a commitment to the lifestyle it will require.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>It is difficult for me to say how long I will be involved with this type of work. I am very interested in it now, but I could certainly change my mind. I tend to shift my interest from one thing to another.</p>	<p>I want to make a strong commitment to this work, but part of me doubts that I will be able to stick with it. Usually when I make a commitment to do something, I follow through.</p>	<p>I am that type of person who chooses a course and sticks to it. I do not take the decision to become an Extended Family Teacher lightly, and I am still giving it consideration. If I make this choice, I will surely make a strong commitment to the person and the job.</p>		



Refer back to the questions and indicate which box numbers you marked for each questions. Add up the total to get your “readiness score”.

Question	#
1. Can your home accommodate an additional person?	
2. Do you have the time to care for a person with special needs?	
3. Do you have the emotional capacity to care for another person?	
4. Can you accept a person with disabilities as he or she is?	
5. How physically healthy is your family?	
6. How stable is your family?	
7. How are your own children doing?	
8. How stable is your marriage?	
9. How do your family members feel about your desire to become an extended family teacher?	
10. Are you willing to complete the required training and to become a certified teacher?	
11. Are you willing to be observed and to receive feedback about your teaching?	
12. Is your spouse willing to be observed and to receive feedback about his/her interactions and teaching skills?	
13. Are you willing to accept the intrusion into your lifestyle?	
14. Are you ready to include the schedule of another person at all times?	
15. Are you willing to make the commitment needed to do this work?	
TOTAL .	

Understanding your score

If your total was 50 or higher you are ready to continue the application process. Give some thought to any questions where you marked box 1, 2, or 3. These may represent areas that could interfere with your success as an Extended Family Teacher. You may choose to discuss these with the Director of Family Teaching Services before moving ahead.

If your total was less than 50, you should stop the application process. The circumstances of your life would significantly interfere with your success as an Extended Family Teacher. While this may be disappointing to you, remember that very few people have the time and resources available for this type of responsibility. You have saved yourself a great deal of time and effort by carefully assessing your readiness to be an Extended Family Teacher at this time. If your circumstances change, you could contact the Director of Family Teaching Services at CCO at a later date. You may choose to discuss your decision with the EFT Placement Specialist if you desire.