

Good Spirit Good Life Assessment



THE UNIVERSITY OF
**WESTERN
AUSTRALIA**

Tick most appropriate response



Note to assessor: Begin with social yarn

(see GSGL instruction booklet).

Scoring: If answer is *yes*, prompt further with *all the time*, *most of the time* or *sometimes*.

If answer is *no*, prompt further with *not much* or *never*.

Add detailed responses below each question to inform care.

I would like to ask some questions on how you feel about your life today. There are no right or wrong answers.

		YES			NO	
		All the time (4)	Most of the time (3)	Sometimes (2)	Not much (1)	Never (0)
1	FAMILY AND FRIENDS Do you get to have a yarn and spend time with family or friends?					
2	COUNTRY/ISLAND HOME For Aboriginal people: Do you feel you spend enough time connecting to Country? Can prompt if needed e.g. yarning about Country, going back to Country or For Torres Strait Islander people: Do you feel you spend enough time connecting to your Island Home? Can prompt if needed e.g. yarning about your Island Home, going back to your Island Home.					
3	COMMUNITY Do you feel connected to the Aboriginal and Torres Strait Islander community?					
4	CULTURE Do you feel connected to cultural ways? Can prompt if needed e.g. through cultural events and meetings, traditional foods, activities such as painting, weaving, dancing.					
5	HEALTH Do you do things to take care of your health?					
6	RESPECT Do you feel respected and valued as an Elder / older person? Can prompt if needed e.g. being listened to and spoken to respectfully					

		YES			NO	
		All the time (4)	Most of the time (3)	Sometimes (2)	Not much (1)	Never (0)
7	ELDER ROLE Do you feel you can share your knowledge and stories with the younger people?					
8	SUPPORTS AND SERVICES Do you feel the services you use are respectful and support your needs? Can prompt if needed e.g. your health/community/aged care services. or *In residential care ask: Do you feel this place is respectful and supports your needs?					
9	SAFETY AND SECURITY Do you feel you have a safe place to live? Can prompt if needed e.g. in your home/aged care home/community.					
10	SPIRITUALITY Do you feel safe and supported in your spiritual beliefs? Can prompt if needed e.g. yarnning about culture, going to church.					
11	FUTURE PLANNING Do you feel you have things in place as you grow older? Can prompt if needed e.g. your future health and care, housing, funeral wishes, family looked after.					
12	BASIC NEEDS Do you feel you have enough money to get by? Can prompt if needed e.g. for food, bills, transport, medication.					
TOTAL SCORE FOR EACH COLUMN						
OVERALL TOTAL SCORE /48						

Scoring: An individual item score of 2 or below requires follow up.

All 12 items are interconnected and important to having a good life. When a person is not connected to one or more items (item score of 2 or below) this should be addressed.

See GSGL recommendations booklet for strategies to strengthen connection and support quality of life.