

Good Spirit Good Life Assessment



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.



Tick most appropriate response

		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 Do you feel you spend enough time connecting to country? <i>Prompt with examples e.g. yarning about country, going back to country</i>					
3	COMMUNITY Do you feel connected to the Aboriginal (and/or Torres Strait Islander) community?					
4	CULTURE Do you feel connected to cultural ways? <i>e.g. attending Aboriginal events and meetings, sharing traditional foods</i>					
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?					
7	ELDER ROLE Do you feel you can share your knowledge and stories with the younger mob?					

8.	<p>SUPPORTS AND SERVICES</p> <p>Do you feel the services you use are respectful and support your needs?</p> <p><i>*In residential care ask: Do you feel this place is respectful and supports your needs?</i></p>					
9.	<p>SAFETY AND SECURITY</p> <p>Do you feel you have a safe place to live?</p>					
10.	<p>SPIRITUALITY</p> <p>Do you feel safe and supported in your spiritual beliefs?</p> <p><i>e.g. yarning about culture, going to church</i></p>					
11.	<p>FUTURE PLANNING</p> <p>Do you feel you have things in place as you grow older?</p> <p><i>e.g. your future health and care, funeral wishes, family looked after</i></p>					
12.	<p>BASIC NEEDS</p> <p>Do you feel you have enough money to get by?</p> <p><i>e.g. for food, housing, clothing</i></p>					
TOTAL SCORE FOR EACH COLUMN						
OVERALL TOTAL SCORE /48						

Scoring:

All 12 items are interconnected and important to having a good life. As such, 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.

Good Spirit Good Life total scores out of 48 are also an indication of a person's quality of life:

Quality of life Total Score

- Excellent: 43 – 48
- Good: 39 – 42
- Moderate: 35 – 38
- Poor: 31 - 34
- Very Poor: 0 – 30