

- *Emotional Social Support*
 - Who do you count on to give you a sense of belonging (can be more than one person)?
 - When you are upset about a personal issue, who could you call to discuss it?
 - If someone bullied or harassed you, who could you look to for help and support?
 - When something wonderful happens to you, who is the first person you'd tell?
 - If something terrible were to happen to you, which individuals could you turn to?

Kinship Network Analysis

Trade roles for this next question. The “therapist” uses the family tree model (Figure 3-2) to create a chart; identify two generations back in ancestry. Use genogram symbols: triangle for male, circle for female (McGoldrick & Gerson, 1985). Start with “client” and identify parents and siblings using symbols. Write the first name and age under each symbol. Identify both maternal and paternal grandparents. If deceased, mark with an x.

Separately, list each person named on the chart, and identify the following:

- Date and place of birth; date and cause of death (if applicable)
- Educational level and major; language(s) spoken
- Jobs or vocations; special skills or talents
- Nature of relationship with spouse, children, and parents
- Major accomplishments; significant events
- Chronic diseases or medical conditions/operations or surgery—past or present
- Religious beliefs or other significant information

Community Assessment Wheel

Draw a circle and divide into eight sections (like cutting a pizza). Each section represents one category of social support services in the community.

Categories

1. Health services
2. Religious services or groups
3. Physical fitness
4. Parks and recreation (i.e., hiking, golf, bowling)
5. Entertainment and cultural events
6. Volunteer opportunities
7. Places to go out and celebrate
8. Services to keep you safe (i.e., EMS, police, fire)

Windshield Survey

Use your home or college town as an example. Get a map and select a 2-mile radius that incorporates some residential streets where a potential client might live. Drive through your selected area (excluding campus) to do a “windshield survey” to identify three locations from which your needs in each of these categories could be met. Write down names and addresses for these sites.

Phone Book Survey

Follow up with a telephone book or internet informational website. Make a list of the three places under each category you have selected, along with address and telephone number.

Identify Gaps

If there is lack of availability of any of these categories within the 2-mile radius you selected, briefly describe what is missing. Use the telephone book to identify the

**This is the type of community survey you might do with a potential client who is disabled and moving to a new location. For clients, the categories may vary.*

Figure 3-2. Genogram worksheet.

