

Assess Your Wellness

The term APGAR dates back to 1952 when an anesthesiologist, Dr Apgar, created an assessment tool for newborn babies. At 1 and 5 minutes old the baby was evaluated for **A**ppearance/color, **P**ulse, **G**rimace/cry, **A**ctivity, and **R**espiration.

In recent years the APGAR acronym has been modified to assess the overall health of adults and families. Use the following Adult Apgar Tool to assess areas of personal wellness. Assign the corresponding number as your response to the following statements and then total the responses. Any surprises?

	Usually-2	Sometimes-1	Rarely-0
I am satisfied with the Access I have to my emotions- to laugh, to be sad, to feel pleasure or even anger.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am satisfied that my life's Priorities are mine and clearly reflect my values.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am satisfied with my commitment to personal Growth , to initiate and embrace change.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am satisfied with the way I ask for Assistance from others, professionally and personally, when in trouble.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am satisfied with the Responsibility I take for my well-being- physically, financially, emotionally, and spiritually.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Score:			

A score of 9-10 indicates superior wellness.

A score of 6-8 indicates that there are some imbalances and stresses that need attention, and the individual likely knows what needs to change.

A score of 5 or less indicates that the person is in significant trouble or pain and needs to make significant changes in life back to wellness. Seek our qualified assistance and support.

Taken from: THE ADULT APGAR: A GUIDE TO PHYSICIAN WELLNESS, Shay Bintliff, MD, Int'l Journal of Dermatology 2012, 51,868-86

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“Behold, how good and how pleasant it is for brethren to dwell together in unity”, Psalms 133:1

Assess Your Family Wellness

Smilkstein’s Family APGAR was developed in 1978. (Smilkstein, Ashworth, & Montano, 1982) These statements assess the individual’s perception of how the family functions and their satisfaction with that function. Assign the corresponding number as your response to the following statements and then total the responses. Each family member should take the test independently and have a family discussion of the responses.

Usually-2	Sometimes-1	Rarely-0
Adaptability intra-family- refers to the sharing of resources, as well as the degree of satisfaction with the attention received.		
Participation - includes joint decision making and family communication when problem solving.		
Growth - essentially refers to the realization of emotional growth due to the freedom within a family to change roles.		
Affection - includes the individual’s satisfaction regarding intimacy between family members and the family interactions.		
Resolution - refers to the sharing of time and satisfaction with the commitments that family members establish.		
Score:		

A score of 7-10 indicates a functional family.

A score of 2-7 indicates a mildly dysfunctional family and less than 2 a severely dysfunctional family. Seek out qualified assistance and support for areas needing attention.

Taken from The European Journal of Counseling Psychology, Vol 2, No 2 (2013) *Assessment of Family Functionality Among the Elderly With Chronic Illness*, Chaves et al.

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