# Self Sufficiency Matrix

Client Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Initial Assessment Completed (Date) \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Client Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Follow up Assessment Complete (Date) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Domain Name** | **1 – In Crisis** | **2 – Vulnerable** | **3 – Safe** | **4 - Stable** | **5 - Thriving** | **Score** |
| Food | No food or means to prepare it. Relies to a significant degree on other sources of free or low-cost food. | A majority of household food is purchased with food assistance. Household relies significantly on free or low-cost food. | Can meet basic food needs, but requires occasional assistance from a supplemental food program. | Can meet basic food needs without assistance. | Ability to purchase food and household desires. |  |
| Housing | Currently homeless, in temporary housing or shelter, or involuntarily doubling up with other (or has an eviction notice). | In substandard housing, or facing threatened eviction or foreclosure or monthly rent is 41% or more of monthly income (after taxes). | Living is steady subsidized or transitional housing, or monthly rent is 36-40% of monthly income (after taxes). | Secure homeownership or renting private housing with limitations of choice due to moderate income and/or monthly rent is 31-35% of monthly income (after taxes). | Homeownership or renting private housing in a neighborhood of choice and/or rent is 30% or below of monthly income (after taxes). |  |
| Income | No income. Basic needs not met. | Income is inadequate for meeting basic needs. | Income is adequate for meeting basic needs. | Income is sufficient and stable, adequate for paying monthly bills, provides for some saving, ability to purchase non-essential items. | Income is sufficient and stable, adequate for paying monthly bills, provides for substantive savings, ability to purchase non-essential items often. |  |
| Relationship Safety | Household is unsafe. Someone in the household feels unsafe at home at all times. | Household safety is in jeopardy. Someone in the household feels unsafe in home most of the time. | Feels safe in household some of the time. | Feels safe in the household most of the time. | Household always feels safe. |  |
| Transportation | Does not have transportation needs met and has no access to available public transportation, a car, or regular ride. | Rarely has transportation needs met through public transportation, a car, or regular ride. | Has transportation needs met some of the time through public transportation, a car, or regular ride. | Has transportation needs met most of the time through public transportation, a car, or regular ride. | Always has transportation needs met through public transportation, a car, or regular ride. |  |
| Employment  (May not apply if individual is not employable due to disability or age.) | No job. | Temporary, seasonal, or part-time employment with inadequate pay and no benefits. | Employed full-time (or for as many hours per week as desired) but inadequate pay with few or no benefits. | Employed full-time (or for as many hours per week as desired) with inadequate pay and benefits. | Maintains permanent employment (for as many hours per week as desired with adequate pay and benefits. |  |
| Health Care Access | No medical coverage and immediate need exists for any member of the household. | No medical coverage and great difficulty accessing medical care when needed. Some household members may be in poor health. | Some family members (e.g. children) have medical coverage but adults lack coverage. | All family members have medical coverage and can access care when needed but may strain budget. | All members are covered by affordable, adequate medical, vision, and dental health care coverage and can access care when needed. |  |
| Adult Education  (May not apply if individual is not employable due to disability or age.) | No GED or high school diploma and is not enrolled in literacy, high school, or GED program and/or has not learned to read or write in any language and preform basic math. | No GED or high school diploma and is enrolled in literacy, high school, or GED program and has basic reading, writing and math skills. | Has high school diploma or GED and basic use of English and/or is enrolled in ESL program if applicable. | Enrolled in post high school vocational education, technical, or professional training or some college credits. | Obtained a professional certification or training, and/or obtained an Associates, Bachelors, Masters, or Doctorate degree. |  |
| Child Education  (May not apply if family does not have school aged children.) | One or more school-aged children not enrolled in school. | One or more school-aged children enrolled in school, often has truancy or behavioral issues or not meeting academic expectations. | Enrolled in school, but one or more children has occasional truancy or behavioral issues and is meeting academic expectations. | Enrolled in school, and attending classes most of the time and reports no challenges with truancy or behavior and is meeting academic expectations. | All eligible children enrolled in classes and attending most of the time. Children are excelling in school performance. |  |
| Child Care  (May not apply if family does not have children.) | Needs child care but none is available or accessible and/or child is not eligible. | Child care is unreliable, unaffordable, and/or inadequate, or supervision is a problem for child care that is available. | Affordable or subsidized child care is available, but limited resources available to support narrow choices. | Reliable, affordable child care is available. Non need for subsidies. | Able to select quality child care of choice. No need for subsidies. Changes to child care can be made when desired. Backup child care plan is developed. |  |
| Parenting Skills  (May not apply if family does not have children.) | Current known or suspected safety concerns regarding parenting skills. | New to parenting and/or has limited parenting skills. Is not familiar with child development concepts, may have unrealistic expectations, still developing parenting skills. Could benefit from parenting classes. | Parenting skills are adequate and open to identified areas of growth. Willing to take parenting classes. | Parenting skills are solid. | Parenting skills are optimal. Feels confident in knowledge about health/nurturing parenting. |  |
| Support System | Has no personal support systems and no knowledge of available community supports. | Has no personal support system, but knows where to go in the community for help when experiencing a need or crisis. | 1-3 personal supports and basic community networks are available in times of need. | 3-5 personal supports available and is connected with at least one community support network (i.e., non-profit, church, support group, etc.). | Has 5 or more personal supports readily available and is able to give support in return; is active and/or highly knowledgeable about community support networks. |  |
| Substance Use | Severe alcohol abuse and/or chemical dependence; institutional living or hospitalization may be necessary. Help not sought. | Significant abuse of substances, resulting in chronic family/work difficulties. | Occasional abuse of substances. Use has a tendency to lead to an abuse pattern and negative consequences. Currently participating in substance abuse services. | Occasional use of substances but no evidence of dangerous or continued use. | No drug use. May use alcohol minimally and prescription drugs as prescribed. |  |
| Physical Health | Untreated and chronic medical and life threatening conditions with inconsistent to minimal follow-up care. | Chronic medical conditions, potentially life threatening, with inconsistent follow-up care. | Chronic illness generally well managed and attempting to make and keep routine medical and dental appointments. | No chronic illness or stable chronic illness and maintaining good preventative medical and dental care practices. | No chronic illness and maintaining proactive preventative medical and dental care practices. |  |
| Mental Health | Experiencing severe difficulty in day to day life due to mental health challenges. Mental health needs are not being met. Doesn’t know where to go to get help. | Feels that mental health symptoms may get in the way of daily living. Not sure what to do or where to go for help. Could benefit from mental health services. | Identified mental health need and working towards getting them met. Is accessing mental health services. | Mental health needs are being managed. Only minimal symptoms that are expected responses to life stressors. | Feels good about mental health – does not need any assistance in this area. Knows where to go for affordable assistance if help was needed. |  |
| Workplace Skills  (May not apply if individual is not employable due to disability or age.) | Negative or no work history, unable to obtain and retain employment in any industry. | Limited or inconsistent work history of less than 1 year. | Established work history of 1-2 years and some skills that offer potential for obtaining a comparable position. | Established work history of 2-5 years and skills that offer potential for obtaining a comparable position. | Established work history of 5+ years at a single place of employment or single occupation. |  |
| Functional Ability | Because of functional disabilities, current living situation is unsafe and individual is unable to live alone. Assistance is not available. | Because of functional disabilities, individual is at risk living alone. Requires limited assistance or supervision. Assistance is not available. | Not able to perform activities of daily living (ADL) but is in a safe and supportive environment; or requires extensive or total assistance and assistance is available with back-up support. | Fully able to perform most ADL’s or fully able to perform ADL’s with assistance or support and assistance is available with back-up support. | Fully able to perform all ADL’s without assistance or support. |  |
| Criminal Justice System | Current outstanding warrants or tickets; or has had a felony conviction or arrest in the past year. | Current charges / trial pending; noncompliance with probation / parole; or has extensive criminal history. | Currently on probation/parole and is fully compliant; or has a moderate criminal history. | Has successfully completed probation/parole within past 12 months with no new charges files; or has minor criminal history. | No criminal history. |  |
| Legal (Non-Criminal) | Has significant legal problems and is not addressing them or does not understand that the problem involves legal issues. | Has identified legal problems but is unable to proceed without legal assistance. | Has responded to legal issues with appropriate legal assistance. | Has legal representation and issues are moving towards resolution. | No legal issues or legal issues have been fully resolved. |  |
| Money Management | No knowledge or implementation of money management skills. | Know it is important to understand basic money management matters, has limited knowledge and implementation of money management skills. | Some knowledge and implementation of money management skills. | Able to save sporadically; solid knowledge and implementation of money management skills. | Able to save consistently; comprehensive knowledge and full implementation of money management skills. |  |
| Life Skills | Has not learned skills and has significant challenges managing a household. | Has limited skills or capacity to manage household. | Has some skills and capacity to manage household; or requires extensive or total assistance and assistance is available with back-up support. | Has solid skills and capacity to manage household; or support and assistance is available with back-up support. | Has comprehensive skills and capacity to manage household. |  |