

# Life Magister Self Assessment Tool

## INTRODUCTION

This self-assessment questionnaire has been developed within the Erasmus project “LIFE MAGISTER - Empowering elderly care professionals and caregivers,” which aims at strengthening the skills of professionals and caregivers in the elderly care sector.

This tool aims at helping professionals and caregivers assess the attitudes and competences that are fundamental to a holistic approach to the care of the older person, to promote quality-of-life, wellbeing and positive ageing.

The questionnaire focuses on specific aspects that are not always included in our daily actions, but which are crucial to the well-being of the older person.

## NOTES

**With this tool you should assess your competences and your attitudes, without taking into account external factors** such as constraints deriving from the organisation you work for, the shifts schedule or other external limitations.

## PRACTICAL DETAILS:

- The questionnaire is ANONYMOUS
- The time required to complete the questionnaire is approximately 15 minutes
- The questionnaire consists of 30 questions, within the following areas:

**INDEPENDENCE** - *Personal development, self-determination*

**SOCIAL PARTICIPATION** - *Interpersonal relationships, social inclusion, rights*

**WELL-BEING** - *Emotional, spiritual, physical, material*

The self-assessment is based on a **scale from 1 to 4**, where:

1 = incapable

2 = poorly capable

3 = quite capable

4 = very capable

or Not applicable to my role

## Personal information

## 1. Professional role \*

*Choose one option*

- Management, coordinator
- Formal caregiver, health and social worker, educator
- Medical staff, nurse, paramedic
- Psychologist
- Other, please specify

## 2. Organization or body you work/volunteer for (if any) \*

- Nursing home
- Home care support
- Daily/community center
- Association/care services provider/social services organisation
- Other (please specify)

## 3. Gender \*

- Woman
- Man
- I prefer not to specify

4. Age \*

< 35

35-50

> 50

5. Level of education \*

No formal education

Primary education

High school diploma or equivalent

Post high school, no degree / Trade/technical/vocational training

Bachelor's degree

Master's degree

6. Nationality \*

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## Questionnaire

With this tool you have to evaluate your skills and attitudes without taking into account external factors such as constraints arising from the organization in which you work, the schedule of shifts or other external limitations.

1 - How capable am I of taking actions to help the older person fulfil his/her wishes? \*

*Choose one option*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

2 - How capable am I able to facilitate positive relationships among older people? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

3 - How capable am I to take into account the older person's requests and adjust the care as necessary (e.g. personal hygiene, moving, eating)? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

4 - How well am I able to respect the older person's wishes when he/she does not want to do something? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

5 - How well am I able to handle situations where family members have different opinions about the elder's care? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

6 - How well am I able to support the person in managing his/her own money (such as making small purchases, buying gifts...)? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

7 - Each person has objects to which he/she is particularly attached. How much do I facilitate the possibility of bringing them into the room? \*

*Contrassegna solo un ovale.*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

8 - How capable am I to encourage the older person to keep in touch with family and friends, if he/she wishes to do so and cannot do it independently? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

9 - Every person needs to move around and get out. How competent am I in stimulating and facilitating this need? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

10 - How capable am I to create opportunities for the older person to actively express the skills/knowledge acquired over a lifetime? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

11 - How capable am I to create opportunities for the older person to have new relationships if he/she wishes? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

12 - How capable am I to make the living environment of the older person similar to "home," by facilitating the creation of a warm and welcoming environment that respects the person's preferences? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

13 - How capable am I of not substituting myself to the older person and letting him/her take control of his/her daily life? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

14 - How capable am I to propose group activities that the older person likes in order to assure quality time? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

15 - How well can I accommodate the older person's desire for beauty treatments? \*

*Contrassegna solo un ovale.*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

16 - Life rythm is different from person to person. How capable am I of respecting \* and adapting to the older person's life pace?

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

17 - How capable am I able to consider the older person a person with rights and desires despite the illness? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

18 - How well can I ensure that the older person can dress as he or she wishes? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

19 - How capable am I of supporting the older person in the decision-making process so that he/she can decide what is best for himself/herself? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

20- How much am I able to consider the older person as an equal partner in care? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

21 - How capable am I in to create entertainment opportunities for the older person? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

22 - How much do I communicate with colleagues on how to value each person in his/her uniqueness? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

23 - How capable am I to act on behalf of the older person without any bias related to ethnicity, gender, religion? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

24 - How well do I know and do I respect the person's history and cultural habits (religion, beliefs)? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

25- How much am I able to encourage the person I am assisting in pursuing his or her life project (identity, talents, purpose)? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

26- How capable am I of facilitating digital inclusion of an older person if needed? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

27- How capable am I to understand how people are feeling emotionally and how well can I support them with listening and empathy? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

28- How well do I know how to handle (directly or with the support of the competent professionals in my institution) the emotional distress of the person I assist? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

29- How capable am I to support the need of spirituality of the older person? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

30 - How capable am I of supporting emotionally an older person reaching the end of life? \*

- 1 = incapable
- 2 = poorly capable
- 3 = quite capable
- 4 = very capable
- Not applicable to my role

## Final assessment, feedback and suggestions

Was the questionnaire useful? \*

- 1 not at all
- 2 moderately
- 3 very much
- Opzione 4

Were there any questions that were difficult to understand? Please indicate the numbers \*

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Any suggestions to indicate

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