

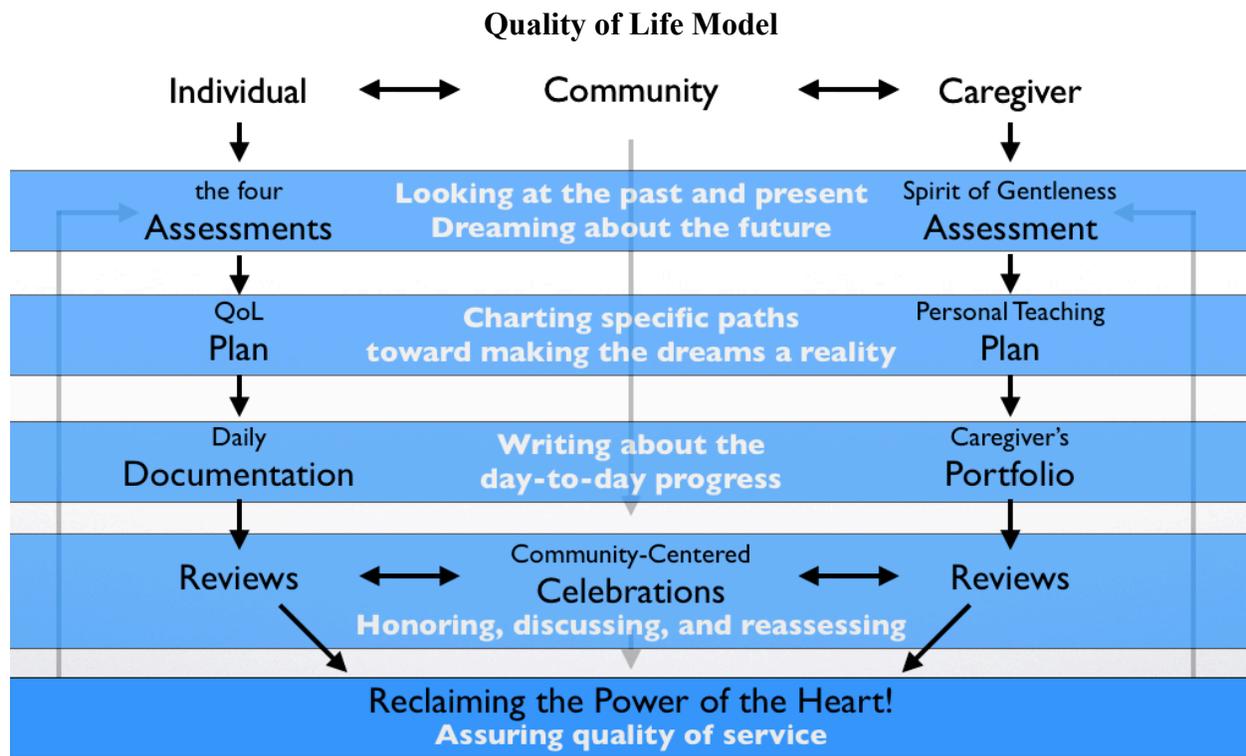
Quality of Life Model Knowledge & Experience

Instructions: Please refer to “Mending Broken Hearts” to answer the following questions. You can find a copy in the Globe Star office if you don’t already have one.

Name _____ Today’s Date _____

The role and responsibility we have, as a community, is to facilitate our quality of life model. This monthly teaching is to help caregivers gain knowledge to enhance one’s quality of life by understanding one’s meaningful activities that gives one value as we build companionship and community with them.

In review of our model below we can identify the documents and processes that facilitate our mission and values to the Gentle Teaching framework.



It is important to realize that our accountability to ourselves is the knowledge that we can share with others how and why we do the things that we do.

First, describe some important factors that would describe one’s quality of life through the eight basic values.

Basic Values	Identify meaningful activities that enhance one's quality of life
Bodily Integrity - being healthy, being decently clothed, being clean, being well fed, etc.	
Feeling Safe - wanting to be with others, not being afraid of people with whom you live, not being afraid to go outside, feeling relaxed in interactions with others, etc.	
Feeling Self-Worth - seeing oneself as good, being recognized as a person, feeling pride, expressing personal gifts and talents.	
Having a Life Structure - sensing a life-plan, having daily routine, having your own rituals and beliefs.	
A Sense of Belongingness - having a close circle of friends, loving others and being loved by others, having a home, feeling companionship.	
Social Participation - being able to have contact with the community, living between others, partaking of community-life.	
Having Meaningful Daily Activities - enjoying one's daily activities, having activities, which fit in your life-plan.	
Inner Contentment - feeling inner harmony, free from traumatic experiences.	

Second, describe what one is seeking to build companionship and community

Companionship and Community Building Activities	What is one looking to access and/or achieve

Third, describe any vulnerabilities in one's quality of life elements

Quality of Life Elements	Area of Need
Medical, Dental, and other Health Related Issues	
Communication	
Personal Safety	
Mobility and Transportation	
Human Awareness and Sexuality	
Financial	
Mentoring Support	
Other lifestyle issues	

Fourth, describe one's internal and external assets that one possesses

External Assets	One's gifts and support
Support	
Empowerment	
Barriers and Expectations	
Constructive Use of Time	
Internal Assets	

Commitment to Learn	
Positive Values	
Social Competencies	
Positive Identity	

Looking at one's Quality of Life through these four areas: values, companionship and community, elements, and assets what do you see that you are doing to provide meaningful activities to enhance one's quality of life by valuing? Teaching? And protecting?

Framework of Gentle Teaching - caregiver	Ways we mentor the individual to feel safe and loved
Value	
Teaching	
Protect	

Finally describe what the individual has been able to reciprocate from your teaching?

Framework of Gentle Teaching - individual	Ways the individual reciprocates our teaching
Reciprocation	