

Name:  
Key Worker:

DOB:

File No:  
Date:

## Scale for Assessment of Family Enjoyment within Routines (SAFER)

Adapted with permission from

Stacy Scott & R. A. McWilliam (2000, Revised 4/03)

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This routines-based interview is an assessment tool designed for professionals working with families to develop functional intervention plans. By gathering information from the family about home and community routines, professionals can identify the independence, engagement, and social competence of the child, and the concerns and priorities of the family. The goals and outcomes generated from this assessment are (a) functional (i.e., identify immediately useful skills the child needs to use throughout the day), and (b) transdisciplinary (i.e., do not have to be addressed by a professional of a specific discipline).

The **sample questions** included in this instrument are intended to **guide** professionals through the assessment process. Professionals are encouraged to **develop their own questions** to follow up with each family's unique experiences. Questions for community care (e.g., child care centre) are included for those families whose children participate in care giving environments outside of their home.

**Directions:** Ask appropriate questions under each routine, making notes of the family's responses to the right. After all routines have been discussed, the interviewer reviews the concerns that were mentioned for each routine with the family. The interview asks the family to rate the routine on the following scale. Provide family with a copy of the satisfaction scale for their reference during the interview. Be sure to record a number for each routine.

1

2

3

4

5



**Not at all satisfied**

**Satisfied**



**Very Satisfied**

The family chooses which concerns they would like to have addressed as outcomes or goals. Progress on outcomes or goals may be measured over time by asking the family to rate their satisfaction of routines addressed in interventions again.

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### Getting up in the morning

- Could you describe what getting up in the morning is like?
- Who usually wakes up first?
- Where does your child sleep?
- How does your child let you know he/she is awake?
- Does he/she want to be picked up right away? If so, is he/she happy when picked up?
- Or is he/she content by herself for a few minutes? What does he/she do?
- What is the rest of the family doing at this time?
- Is this a good time of day? If not, what would you like to be different?

Satisfied?  Participation?  Importance?

### Dressing

- Who helps your child dress?
- Does he/she help with dressing? How?
- What can he/she do on his/her own? eg top, bottoms, shoes, socks
- What is his/her behaviour like?
- What is his/her communication like?
- How does he/she let you know if he/she is hot or cold?
- How does he/she react to different types of fabrics eg tight, loose, tags, furry, lycra?
- Does he/she have favourite clothes he/she likes to wear? If so, what are they?
- How satisfied are you with this routine? Is there anything you would like to be different?

Satisfied?  Participation?  Importance?

### Notes

### Notes

1

2

3

4

5

**Not at all satisfied**

**Satisfied**

**Very Satisfied**

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**Eating/meals**

**Home**

- How is your child fed?
- What are mealtimes like?
- Does anyone help feed your child? Who?
- Where does your child usually eat? How often does he/she eat?
- How much can he/she do on his/her own?
- How involved is he/she with meals?
- What are other family members doing at this time?
- How does your child let you know what he/she wants/is finished?
- Does he/she like mealtimes? How do you know?
- What would make mealtimes more enjoyable for you?

**Satisfied?**  **Participation?**  **Importance?**

**Community Care**

- What are mealtimes like for your child when cared for by others?

**Satisfied?**  **Participation?**  **Importance?**

**Notes**

**1**

**2**

**3**

**4**

**5**

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**Satisfied**

**Very Satisfied**

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**Toileting  
Home**

- Does your child wear nappies?
- Are there any challenges with nappy changing?
- What does he/she do while you are changing him/her?
- Does he/she let you know when he/she needs to use the toilet?  
If so, how?
- Does he/she use the toilet? What can he/she do by him/herself?
- What toilet training strategies have you tried?
- How much help does he/she need with using toilet paper, flushing, washing/drying hands and pulling pants up/down?
- What equipment do you use at home? eg toilet insert, step/ladder
- How satisfied are you with this routine? What would make it easier?

**Satisfied?**  **Participation?**  **Importance?**

**Community Care**

- How well does he/she use the toilets at school or daycare?
- Does he/she use public toilets in shopping centres or restaurants? How does that go?
- What is his/her behaviour like?
- How satisfied are you with this routine? What would make it easier?

**Satisfied?**  **Participation?**  **Importance?**

**1**

**2**

**3**

**4**

**5**

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**Indoors  
Home**

- Does your family spend much time indoors? What doing?
- What are some activities that you like to do together?
- What does your child do? Does your child like (the activity)?
- How is your child involved in these activities?
- What toys or games does he/she engage with/in? What does he/she do?
- How does he/she move around?  
How do they negotiate steps and stairs and other obstacles?
- How does your child interact with other family members?
- Is this usually an enjoyable time? What would make it easier?

**Satisfied?**  **Participation?**  **Importance?**

**Community Care**

- What kinds of indoor activities does he/she participate in?
- How much help does he/she need?
- How does he/she interact with others?

**Satisfied?**  **Participation?**  **Importance?**

**Notes**

1

2

3

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**Outdoors**

- Does your family spend much time outdoors? What doing?
- What does your child do? Does your child like (the activity)?
- How does he/she get around?
- How does he/she interact with others?
- What toys or games does he/she engage with/in? eg playground equipment, balls, trikes/bikes, chasey, sand pit, exploring, hiding, water play.
- How does your child let you know when he/she wants to do something different?
- What things does your child like or notice outside?
- Is this usually an enjoyable time? What would make it easier?

**Satisfied?**  **Participation?**  **Importance?**

**Community**

- What kinds of outdoor activities does he/she participate in?
- How much help does he/she need?
- How does he/she interact with his/her peers?

**Satisfied?**  **Participation?**  **Importance?**

**Notes**

**1**

**2**

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**Bath time**

- What is bath time like?
- Who usually helps bath your child?
- How is he/she positioned in the bathtub?
- Does he/she like the water? How do you know?
- How involved is your child in washing herself or playing in the water?
- Does he/she kick or splash in the water?
- What toys does he/she like to play with in the tub?
- How does he/she communicate with you? What do you talk about?
- Is bath time usually a good time? If not, what would make it better?

**Satisfied?**  **Participation?**  **Importance?**

**Playing/relaxing/watching TV**

- What does your family do when relaxing at home?
- What are some activities that you like to do together?
- How is your child involved in these activities?
- Are there any toys or games he/she engages with/in?
- How does your child interact with other family members?
- Does your family watch TV/DVD's? Will your child watch too?
- What does he/she like to watch? How long will he/she watch them for?
- Do you have a favourite TV show/DVD?
- Is there anything you would like to do in the evening but can't?

**Satisfied?**  **Participation?**  **Importance?**

**Notes**

**Notes**

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**Nap/bed time**

**Home**

- Does your child have a nap during the day?
- How does nap/bed time go?
- Who usually puts your child to bed?
- Do you read books or have some type of ritual at this time?
- How does he/she fall asleep?
- How does your child calm himself?
- Does he/she sleep through the night? What happens if he/she wakes up? Who gets up with him/her?
- Is bedtime an easy or stressful time for your family?

**Satisfied?**  **Participation?**  **Importance?**

**Community Care**

- Does he/she take naps for other caregivers? How does that go?

**Satisfied?**  **Participation?**  **Importance?**

**Notes**

**1**

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**5**

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Name:  
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**Other**

- Are there any parts of your child's day that we have missed?
- Is there anything that would make this routine or activity with your child easier?

**Satisfied?**  **Participation?**  **Importance?**

**Notes**

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**Not at all satisfied**

**Satisfied**

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