

## SOCIAL WORK DAILY SELF-CARE ASSESSMENT

Important Notice: it is essential to complete each task and bring the documents with you to all social work appointments in order to complete your assessment process. Failure to do so will result in a delay in your surgical process.

Any writing tools will be acceptable (i.e. lined paper, journal books, computer program etc.) as this will be a resource for the rest of your life.

### 1. Reflection

Success is up to you. This surgical process requires you to incorporate a balanced life which means self-care. Self-Care is the maintenance of your mental, emotional, physical, spiritual and financial health. Often individuals who struggle with weight management lose track of their own personal care needs. Due to life's constraints losing control of one's self-care methods can be intentional and/or unintentional.

As identified during your initial consult with the social worker, it seems you put greater emphasis on others (i.e. children, spouse, work, etc.). This exercise will allow you to identify, assess and reflect on the one-sidedness you likely face, in order to introduce the required balance (i.e. time management, structure, boundaries, sense of self-worth). Use the example given for a guideline.

**You are expected to record all of the things you have done for others and yourself.**

#### Others:

Date	Who	What	Why
December 20, 2010	Children	Took the kids to school	Running late missed the bus
	Colleagues	Made a coffee run	Was going there anyways
	Colleagues	Took on a bigger role to assist co-worker who is on vacation	It would have eventually been my problem
	Aging Parents	Picked up prescriptions	Unable to drive themselves
	Family	Picked up fast food dinner	Convenience. Husband sleeping on midnights, kids working on homework
	Children	Went to store for school project supplies due the next day	Want to help my children succeed in school

#### My Self-Care Log:

Date	What	Where	Why
December 20, 2010	Took a relaxation bubble bath	At home	Down time

As demonstrated in this example, there is an imbalance in the individual's ability to care for themselves. Such behaviour is common with bariatric patients causing difficulty for lifetime

weight management. You will be required to incorporate better boundaries in your life to ensure your self-care needs for this new lifestyle regime are being met.

## 2. Solutions

Four weeks before your follow-up appointment with social work, reflect on the imbalance noted in your reflection section and come up with strategies that will enhance your self-care and provide better balance, therefore increasing the likelihood of your long-term weight management success. Use the example given for guidance

Date	Who	What	Why
December 20, 2010	Children	Took the kids to school	Running late missed the bus <b>Solution: purchased an alarm clock for my children and put the responsibility in their hands as they are 9 and 12 years old.</b>
	Colleagues	Made a coffee run	Was going there anyways <b>Solutions: good deeds are acceptable as long as time permits and it has not become an expectation.</b>
	Colleagues	Took on a bigger role to assist co-worker who is slacking	It would have eventually been my problem <b>Solution: understanding I cannot control everything, delegate task and speak with my supervisor with concerns identified.</b>
	Aging Parents	Picked up prescriptions	Unable to drive themselves <b>Solution: brief family meeting with siblings to discuss aging parents needs and divided up the work wherever possible.</b>
	Family	Picked up fast food dinner	Convenience. Husband sleeping on midnights, kids working on homework <b>Solution: assigned Sundays as meal planning days. Spoke with husband and children and assigned meal duties for the whole family.</b>
	Children	Went to store for school project supplies due the next day	Want to help my children succeed in school <b>Solution: encourage using break time/spares at school to complete or begin homework and not wait until the last minute.</b>