

# National Indigenous Elder Justice Initiative

## Elder Personal Balance Self-Assessment Wheel

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## Why create a Elder Personal Balance Wheel?

The Elder Personal Balance Self-Assessment was modified from the “Adult Personal Balance Self-Assessment”, and created to fit the general health and wellness views of Native American Elders.

Interested in identifying and addressing areas of elder personal wellness. Specifically, to help identify possible activities to promote elder health and wellness.

Examples of modifications and justification:

- ❖ Prior item: *“I believe that “Practice Makes Perfect,” and I recognize and I make strides toward improving the areas I need to.*
- ❖ New Elder item: *“I feel confident in my ability to set a goal towards my health and make strides towards making positive changes”*
  - This was an attempt to get at the original items notion of making goals and sticking to them.



## How Can You Help?

We have developed a measure to capture these dimensions of Native elder health and wellness, and would like your feedback on the measure by asking you to complete:

- **General Demographics Sheet**
- **The Elder Personal Balance Self-Assessment Wheel**
  - Score each statements using a Likert Scale from 0-4
  - There are 20 total statements.
- **Evaluation sheet**
  - Rate the clarity and usefulness of the measure

\*Each packet has a numbered identifier. Please, don't write your name on anything



## Medicine Wheel

To help you get a deeper understanding the following chart outlines each of the four directions and what gifts or attributes are important or being in each.

<b>East Spiritual Yellow</b>	Sense of belonging, prevention or being pro-active, believing in the unseen or mystical, earned leadership by respect, providing service to others, infancy, guidance.
<b>South Emotional Red</b>	Praising accomplishments, happiness and enjoyment, having a noble passion, impulse/emotional control, sensitivity and forgiveness, childhood, teaching.
<b>West Physical Black</b>	Humility and accepting responsibility, practice and reaching your potential, power/control, physical health, having a vision/goal, adulthood, self-control.
<b>North Mental White</b>	Problem solving, completion of tasks and goals, wisdom, freedom from fear, hate, jealousy, etc., committed to lifelong learning, doing things in moderation, elderly, truth.



## Taking Inventory

Please score each of the following statements according to how much you agree with the statement. Try not to give much thought to each statement and score with the first thought that comes to your mind. Please use the following scale:

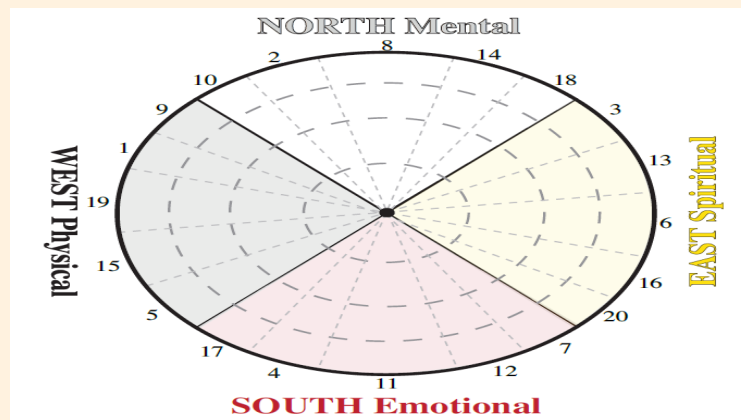
**0 - Very Untrue 1 - Somewhat Untrue 2 - Neutral, Don't Know  
3 - Somewhat True 4 -Very True**

#	Statement	Score	Color
1	I have resolved/made amends for my mistakes.	___	Black
2	I consider my options before making a decision and I ask for help when I need it.	___	White
3	In addition to my family, I belong to at least two other groups, organizations or clubs that I take an active role in.	___	Yellow
4	I recognize when my children/others do well and I make an effort to tell them.	___	Red



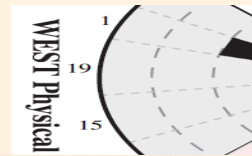
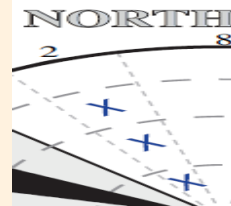
## The Wheel

On the very back page, you will find the Elder Personal Balance Wheel. In the following steps on the next slide, you will be instructed to use different color pencils to chart your responses on the Elder Wheel.



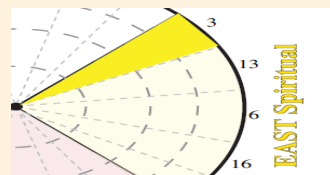
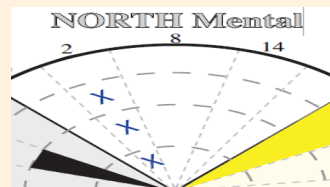
## Instructions for Charting

- You will need a regular pencil and 3 colored pencils to chart your personal inventory:  
Red, Black, and Yellow.
  - Please complete the attached inventory first. Indicate only one score per statement. All 20 statements should be answered.
- Numbers around the circumference of the wheel correspond to their respective statements on the inventory sheet. Locate the statement and fill in the number of blocks in each "slice" using the indicated color and according to the score you recorded. Color in blocks working from the center out.
  - Please note: Since the color white is one of the primary colors, when charting in the northern quarter (N), lightly mark each block with an X indicating that it will remain white.
- With the regular pencil, lightly shade (gray) any blocks within the wheel that does not have a color assigned.

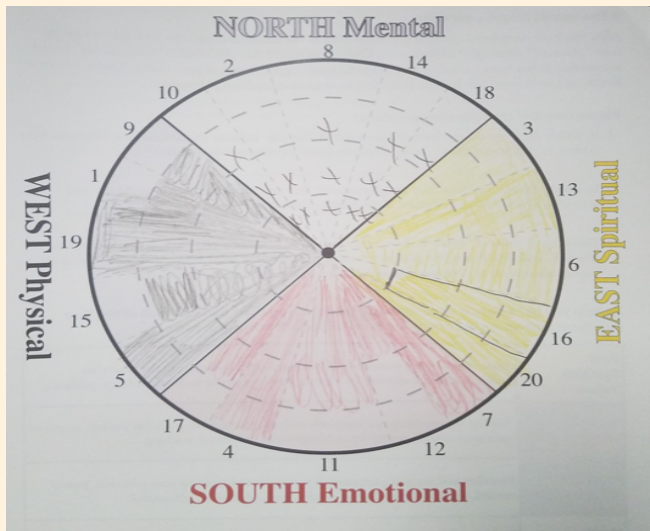


## Example of Balance Wheel

- If you gave a score of 2-Neutral, Don't Know for **Statement #1**, you would color two blocks in line with the **number 1** using the Black color pencil. Starting from the center and working outwards with each block.
- If you gave a score of 3- Somewhat True for **Statement #2**, you would place an X in the three blocks in line with the **number 2** starting from the center and working outwards with each block.
- If you gave a score of 4-Very True for **Statement #3**, you would color the four blocks in line with the **number 3** using the Yellow color pencil. Starting from the center and working outwards with each block.



## A Completed Wheel



## A few words about your chart.....

After you have completed charting your responses to the statements, you can now take a look at how “balanced” your current life may be.

\*\*Please understand that this is not a “scientifically” based assessment. It has been created to give the participant a general idea of how Native Americans view health and wellness that is holistic using an interconnectedness philosophy.

### Please consider the following questions:

1. In which direction do you have the most color? This may indicate this area of your life right now is close to fulfillment.
2. In which direction do you have the grayest area? This area should be looked at closely and activities, events and goals around those questions should be considered.
3. Thinking in terms of “balance”, how many individual blocks are gray in each of the quadrants (N, S, E, and W)?
  - A possible goal may involve increasing the color in one quadrant so that all four quadrants are as close to equal as possible and striving towards fulfillment.





## Here is what we found so far

### Gender:

- ❖ Male = 12.9 %
- ❖ Female = 87.1 %

### Marital Status:

- ❖ Single = 67.9%
- ❖ Married = 32.1%

### Living Situation:

- ❖ Living Alone = 16.7 %
- ❖ Living with Partner = 13.3 %
- ❖ Living with Family = 70%

### Employment:

- ❖ Full-Time = 25.8%
- ❖ Part-Time = 12.9%
- ❖ Homemaker = 3.2%
- ❖ Unemployed = 6.5%
- ❖ Retired = 51.6%

### Education:

- ❖ High School or GED = 20 %
- ❖ More than High School = 80%

### House Income:

- ❖ < \$8,000/yr = 11.5%
- ❖ \$8-12,000/yr = 15.4%
- ❖ \$12-20,000/yr = 34.6
- ❖ \$20-30,000/yr = 3.8%
- ❖ \$30-40,000/yr = 15.4%
- ❖ >\$40,000/yr = 19.2%

### Traditional Practices:

- ❖ Yes = 57.1%
- ❖ No = 42.9%



## Overall Health

### Health (yes):

- ❖ Allergy = 51.6%
- ❖ Anxiety = 16.1%
- ❖ Arthritis = 67.7%
- ❖ Asthma = 25.8%
- ❖ Cancer = 3.2%
- ❖ Depression = 16.1%
- ❖ Diabetes = 35.5%
- ❖ Gout = 3.2%
- ❖ Heart Attack = 6.5%

- ❖ Hypertension = 45.2%
- ❖ Glaucoma = 16.1%
- ❖ Kidney Disease = 9.7%
- ❖ Migraine = 9.7%
- ❖ PTSD = 3.2%
- ❖ Stroke = 6.5%

### Health (NO):

- ❖ Alcohol abuse, Drug abuse,
- ❖ Epilepsy, Schizophrenia, Tuberculosis

## Weekly Physical Activity

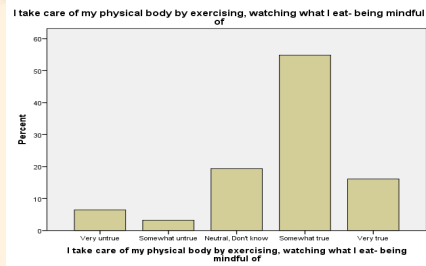
### Physical activity in past week

- ❖ 0 Days = 10.7%
- ❖ 1 Day = 3.6%
- ❖ 2 Days = 14.3%
- ❖ 3 Days = 21.4%
- ❖ 4 Days = 10.7%
- ❖ 5 Days = 14.3%
- ❖ 6 Days = 3.6%
- ❖ 7 Days = 21.4%

## Elder Wheel Items- Physical

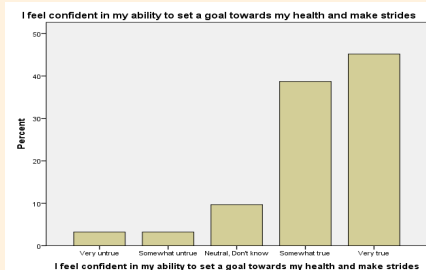
I take care of my physical body by exercising, watching what I eat, being mindful of what I put into my body, and taking daily medications:

- ❖ Very untrue = 6.5%
- ❖ Somewhat untrue = 3.2%
- ❖ Neutral, don't know = 19.4%
- ❖ Somewhat true = 54.8%
- ❖ Very true = 16.1%



I feel confident in my ability to set a goal towards my health and make strides towards making positive changes:

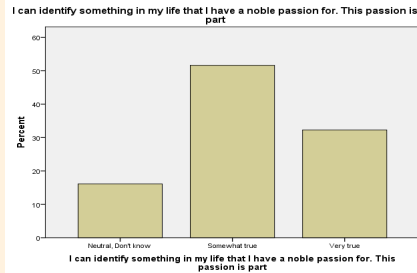
- ❖ Very untrue = 3.2%
- ❖ Somewhat untrue = 3.2%
- ❖ Neutral, don't know = 9.7%
- ❖ Somewhat true = 38.7%
- ❖ Very true = 45.2%



## Elder Wheel Items- Emotional

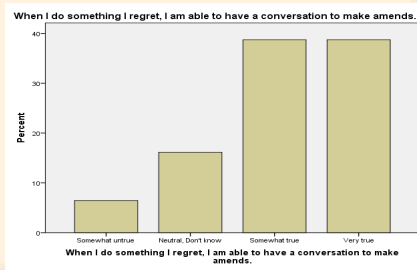
I can identify something in my life that I have a noble passion for. This passion is part of what I strive for every day:

- ❖ Neutral, don't know = 16.1%
- ❖ Somewhat true = 51.6%
- ❖ Very true = 32.3%



When I do something I regret, I am able to have a conversation to make amends:

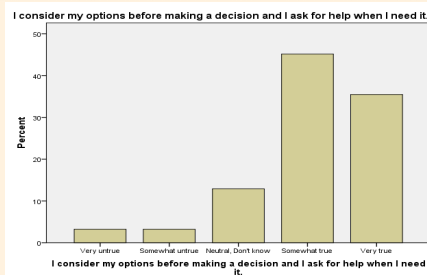
- ❖ Somewhat untrue = 6.5%
- ❖ Neutral, don't know = 16.1%
- ❖ Somewhat true = 38.7%
- ❖ Very true = 38.7%



## Elder Wheel Item - Mental

I consider my options before making a decision and I ask for help when I need it:

- ❖ Very untrue = 3.2%
- ❖ Somewhat untrue = 3.2%
- ❖ Neutral, don't know = 12.9%
- ❖ Somewhat true = 45.2%
- ❖ Very true = 35.5%



When I am tempted to do something in excess, I am able to acknowledge that and enjoy things in moderation:

- ❖ Somewhat untrue = 9.7%
- ❖ Neutral, don't know = 6.5%
- ❖ Somewhat true = 54.8%
- ❖ Very true = 29%



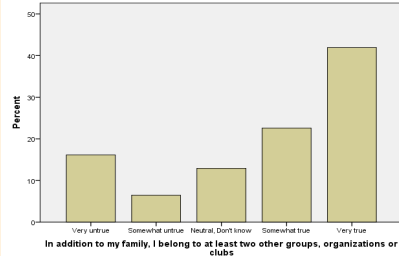


## Elder Wheel Items- Spiritual

In addition to my family, I belong to at least two other groups, organizations, or clubs that I take an active role in:

- ❖ Very untrue = 16.1%
- ❖ Somewhat untrue = 6.5%
- ❖ Neutral, don't know = 12.9%
- ❖ Somewhat true = 22.6%
- ❖ Very true = 41.9%

In addition to my family, I belong to at least two other groups, organizations or clubs



I am able to use my dreams and spiritual reflections as a means to set goals:

- ❖ Very untrue = 3.2%
- ❖ Neutral, don't know = 6.5%
- ❖ Somewhat true = 25.8%
- ❖ Very true = 64.5%

I am able to use my dreams and spiritual reflections as a means to set goals.



For more information on this worksheet please contact:

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- ❖ For more information on the Adult Personal Balance Self-Assessment created by: **Alan Rabideau**, First Nations Behavioral Health Association. [jawenodee\\_inini@yahoo.com](mailto:jawenodee_inini@yahoo.com)

## For more information

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