**The Pizzi Health and Wellness Assessment (PHWA)©**

**Significant other/spouse/caregiver**

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The PHWA© looks at the health and well-being of a person in several different areas. There is an assumption that what we do in our daily lives impacts our health and well-being, while the reverse is also true. Our health and well-being directly affects the things we choose to do, how we do them and it affects where and how often we do them.

The following are categories of health. Please rate your feelings about your significant others/spouse/caregiver levels of health in these areas, on a scale of 1-10, with 0 being poor to 10 being excellent. Do not think about your rating. Rate him/her quickly using your ‘gut’ reaction which is the truest one.

***Social health*** (interacting with others; talking and communicating with others; being with others)

0 1 2 3 4 5 6 7 8 9 10

poor excellent

***Physical health*** (how the body works and how one physically feels)

0 1 2 3 4 5 6 7 8 9 10

poor excellent

***Family health*** (how your significant other works, plays and communicates with family and how the family gets along)

0 1 2 3 4 5 6 7 8 9 10

poor excellent

***Occupational health*** (feelings of being productive and doing things related to roles such as a student, worker, or other things one does in life)

0 1 2 3 4 5 6 7 8 9 10

poor excellent

***Mental/Emotional health*** (feelings of being mentally and emotionally well)

0 1 2 3 4 5 6 7 8 9 10

poor excellent

***Spiritual health*** (the sense that the things done each day are important and meaningful)

0 1 2 3 4 5 6 7 8 9 10

poor excellent

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| ***The Pizzi Health and Wellness Assessment (PHWA)*** |
| **SOCIAL HEALTH**  (interacting with others; talking and communicating with others; being with others) |
| ***Please answer the following questions:*** |
| Why did I rate him/her in social health as I did? |
| How does his/her current social health affect doing day to day activities? |
| How can I help them or how can they help themselves improve social health? Is there anything that gets in the way of improving in this area? |

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate **how well he/she does** day to day activities related to talking to and being with others

Rating \_\_\_\_\_\_\_\_\_\_\_\_

On a scale of 1-10, with 1 being poor and 10 being high how would you rate his/her current **level of interest** in improving participation in activities related to talking to and being with others

Rating \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| ***The Pizzi Health and Wellness Assessment (PHWA)*** |
| **PHYSICAL HEALTH**  (how the body works and how one physically feels) |
| ***Please answer the following questions:*** |
| Why did I rate him/her in physical health as I did? |
| How does his/her current physical health affect doing day to day activities? |
| How can I help them or how can they help themselves improve physical health? Is there anything that gets in the way of improving in this area? |

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate **how well he/she does** day to day activities related to how well his/her body moves

Rating \_\_\_\_\_\_\_\_\_\_\_\_

On a scale of 1-10, with 1 being poor and 10 being high, how would you rate his/her current **level of interest** in improving how well his/her body moves

Rating \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| ***The Pizzi Health and Wellness Assessment (PHWA)*** |
| **FAMILY HEALTH**  (how you work , play and communicate with your family and how the family gets along) |
| ***Please answer the following questions:*** |
| Why did I rate him/her in family health as I did? |
| How does his/her current family health affect doing day to day activities? |
| How can I help them or how can they help themselves improve family health? Is there anything that gets in the way of improving in this area? |

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate **how well he/she does** day to day activities related to the family

Rating \_\_\_\_\_\_\_\_\_\_\_\_

On a scale of 1-10, with 1 being poor and 10 being high, how would you rate his/her current **level of interest** in improving participation in activities related to the family

Rating \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| ***The Pizzi Health and Wellness Assessment (PHWA)*** |
| **OCCUPATIONAL HEALTH**  (feelings of being productive and doing things related to your role as a student, worker, or other things you do in life) |
| ***Please answer the following questions:*** |
| Why did I rate him/her in occupational health as I did? |
| How does his/her current occupational health affect doing day to day activities? |
| How can I help them or how can they help themselves improve occupational health? Is there anything that gets in the way of improving in this area? |

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate **how well he/she does** day to day activities related to being active and productive

Rating \_\_\_\_\_\_\_\_\_\_\_\_

On a scale of 1-10, with 1 being poor and 10 being high, how would you rate his/her current **level of interest** in participating more in being active and productive

Rating \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| ***The Pizzi Health and Wellness Assessment (PHWA)*** |
| **MENTAL/EMOTIONAL HEALTH**  (feelings of being mentally and emotionally well) |
| ***Please answer the following questions:*** |
| Why did I rate him/her in mental/emotional health as I did? |
| How does his/her current mental/emotional health affect doing day to day activities? |
| How can I help them or how can they help themselves improve mental/emotional health? Is there anything that gets in the way of improving in this area? |

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate **how well he/she does** day to day activities related to being mentally and emotionally well

Rating \_\_\_\_\_\_\_\_\_\_\_\_

On a scale of 1-10, with 1 being poor and 10 being high, how would you rate his/her **current level of interest** in being more mentally and emotionally well

Rating \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| ***The Pizzi Health and Wellness Assessment (PHWA)*** |
| **SPIRITUAL HEALTH**  (Spiritual being defined as having purpose and meaning and doing meaningful things) |
| ***Please answer the following questions:*** |
| Why did I rate him/her in spiritual health as I did? |
| How does his/her current spiritual health affect doing day to day activities? |
| How can I help them or how can they help themselves improve spiritual health? Is there anything that gets in the way of improving in this area? |

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate **how well he/she does** day to day activities related to how important they are

Rating \_\_\_\_\_\_\_\_\_\_\_\_\_\_

On a scale of 1-10, with 1 being poor and 10 being high, how would you rate his/her current **level of interest** in improving participation in doing things that are important

Rating \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please tell me which of these areas are your top 3 priority health areas to work on:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_