



FOR FAMILY MEMBERS

Wheel of Wellness Family Check-In

See how your whole family is doing — together

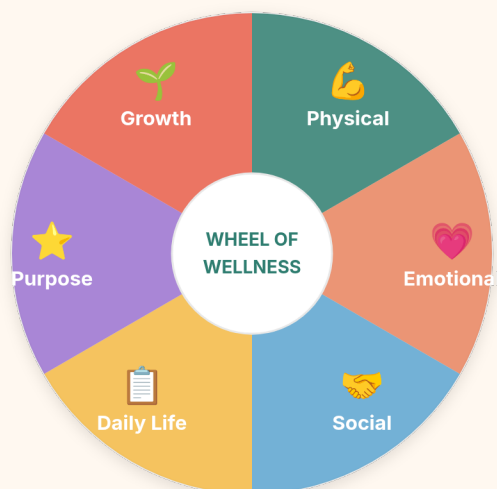
When one person in a family has a disability or health need, it touches everyone. This quick check helps families see what is working and what could use support. Based on the Beach Center Family Quality of Life Scale, a tool used by researchers and providers who work with families like yours.

⌚ Takes ~5 minutes

👨👩👧👦 Covers your whole family

🔗 Links to family resources

🔒 Private & safe





Your Family Check

Question 4 of 18

- Physical Emotional Social Daily Life Purpose Growth

PHYSICAL WELLNESS

Q 1 / 18

Do members of your family get the medical care they need when they need it?

- ☒ Not really ☐ Some of the time ☐ Most of the time ☐ Yes, always

EMOTIONAL WELLNESS

Q 4 / 18

Does your family have the support you need to handle stress?

- ☐ Not at all ☒ A little ☐ Pretty much ☐ Very much

SOCIAL WELLNESS

Q 7 / 18

Do family members have people outside the home they can lean on?

- ☒ No, we feel alone ☐ A few people ☐ We have some support ☐ We have strong support



✓ Check Complete

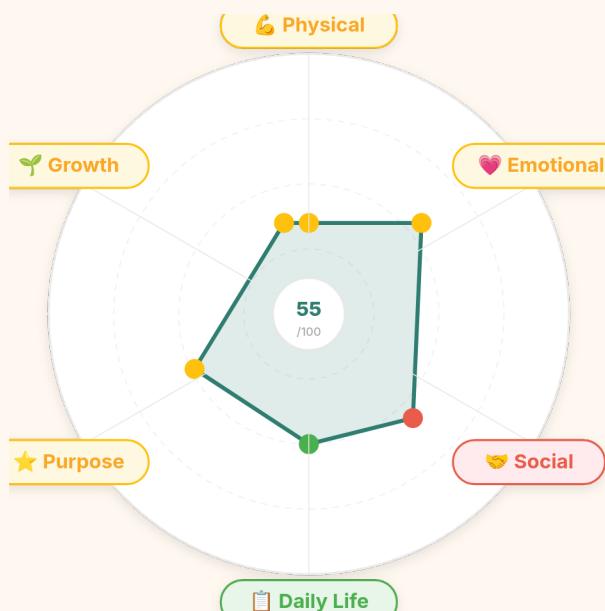
Your Family Snapshot

Here is a look at how your family is doing across six parts of wellness. The lower scores show areas where your family may want more support.

OVERALL FAMILY WELLNESS SCORE

55 / 100

Your family has strengths to build on. Some areas could use more support.



Physical

Okay

Score: 45/100

Getting medical care for everyone can be a challenge. Help is available.



Emotional

Okay

Score: 50/100

Your family has some emotional support. A little more could go a long way.



Social

Needs Attention

Score: 30/100

Your family may feel cut off. Finding community can make a big difference.



Daily Life

Strong

Score: 75/100

You navigate the support system well. That is a real strength.



Purpose

Okay

Score: 55/100

Your family shares values and meaning. There is room to grow together.



Growth

Okay

Score: 50/100

Learning and trying new things as a family may have taken a back seat.



Social Connection Resources

Your family's Social score shows you may feel cut off from community. This is common for families navigating disability — and there are real ways to build connections.

→ **When families find others who get it, stress goes down and everyone does better.**



Family Support Groups

Meet other families who share similar experiences. Swap tips, build friendships, and know you are not alone.

Local Groups

[Learn More →](#)



Respite & Family Breaks

Find respite care options so your whole family can recharge. Includes weekend programs and summer camps.

Programs

[Learn More →](#)



Sibling Support Programs

Programs for brothers and sisters of children with disabilities. A space just for them to connect and share.

Programs

[Learn More →](#)



Benefits & Services Navigator

Help finding and applying for programs your family may qualify for — Medicaid waivers, SSI, and more.

Services

[Learn More →](#)



Connect with a Family Mentor

Talk to a family who has walked this road. Our trained family mentors offer real-world advice and a listening ear — at no cost.

Get Connected

