



specialneeds.help/wellness-assessment



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SCREEN 1 OF 4

INTERACTIVE ASSESSMENT TOOL

Wheel of Wellness Assessment

Find the resources your family needs — in 5 minutes

Whether you are a parent, caregiver, or individual navigating disability, this quick assessment identifies your needs across six wellness areas and connects you to resources in the SpecialNeeds.help directory.

⌚ Takes ~5 minutes



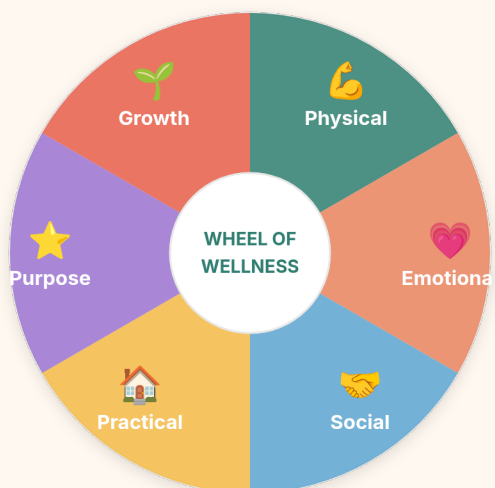
Personalized results



Connected to resources



Private & secure





Your Wellness Assessment

Question 3 of 20

- Physical Emotional Social Practical Purpose Growth

PHYSICAL WELLNESS

Q 1 / 20

When did you last schedule a medical appointment *for yourself*?

- ☐ Not in the past year ☐ 6–12 months ago
- ☐ Within the past 6 months ☒ Within the past 3 months

EMOTIONAL WELLNESS

Q 6 / 20

How often do you have someone you can talk to honestly about how you're feeling?

- ☐ Rarely ☒ Sometimes
- ☐ Often ☐ Almost always

SOCIAL WELLNESS

Q 10 / 20

Do you have a community of people who understand your caregiving experience?

- ☒ No, I feel isolated ☐ I have 1–2 people
- ☐ I have a small support network ☐ I have a strong community



✓ Assessment Complete

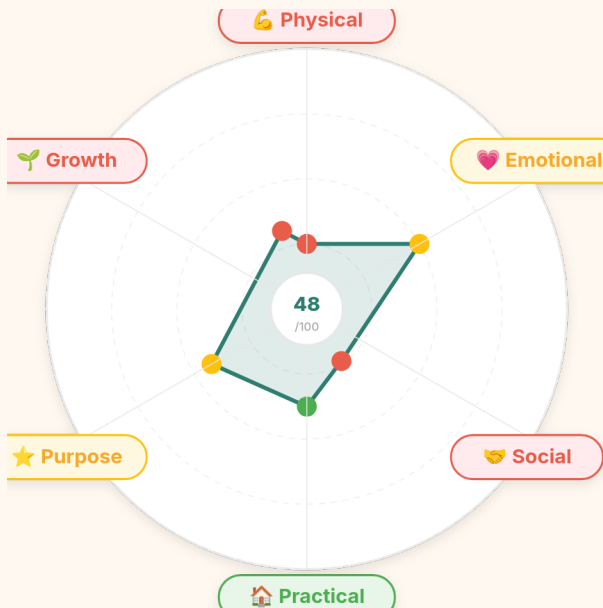
Your Wellness Profile

Based on your responses, here's a snapshot of your wellness across all six dimensions. Areas with lower scores may benefit from targeted support.

OVERALL WELLNESS SCORE

48 / 100

You have some strong foundations — let's build on areas that need attention.



Physical

Needs Attention

Score: 25/100

You may be neglecting your own health while caring for others.



Emotional

Moderate

Score: 50/100

You have some emotional support, but there's room to deepen connections.



Social

Needs Attention

Score: 20/100

You may feel isolated — building community could make a big difference.



Practical

Strong

Score: 75/100

Great job! You're managing systems and resources effectively.



Purpose

Moderate

Score: 55/100

You're finding meaning, but reconnecting with your values could help.



Growth

Needs Attention

Score: 30/100

Time for learning and creativity may have taken a back seat.



Physical Wellness Resources

Your Physical Wellness score suggests you may be putting your own health on the back burner while caring for others. This is incredibly common — and you deserve support.

→ **What this means:** Prioritizing even small acts of self-care can improve your energy, mood, and ability to care for your family.



Respite Care Providers Near You

Find trained respite care providers in your area so you can take a break, attend appointments, or simply rest. Many accept Medicaid waivers.

Local Directory

[Learn More →](#)



Caregiver Wellness Programs

Structured programs designed for caregiver health including fitness classes, stress management workshops, and nutrition guidance tailored to busy schedules.

Programs

[Learn More →](#)



Medical Provider Directory

Search our vetted directory of healthcare providers who understand the unique needs of caregivers and families navigating disability. Includes specialists accepting new patients.

Directory

[Learn More →](#)



Adaptive Recreation Programs

Inclusive recreation and fitness programs for the whole family. Find adaptive sports, therapeutic recreation, and accessible outdoor activities in your community.

Activities

[Learn More →](#)



Connect with a Parent Mentor

Talk to someone who's been there. Our trained parent mentors offer peer support, guidance, and encouragement — at no cost.

[Get Connected](#)

