

**Assessment of Spiritual Strengths
For Use with People with Developmental Disabilities**

Name: _____ Date: _____

Completed by: _____

It is the intent of this assessment to identify and recognize those strengths which are unique to each person we serve, and to allow our appreciation of those strengths to inform us in assisting the person in nourishing his/her spiritual life. This assessment attempts to search out the unique, positive, spiritual qualities in the person. By identifying these strengths we affirm the gifts of God within and honor the person beyond his/her disability. Check any of the qualities below that describe _____.

Trusts Self and Environment:

- Simplicity – satisfied with what one has
- Sense of Belonging – interdependent, involved with others, feels loved, cared about
- Contentment – peaceful, calm
- Competence – has a sense of being capable
- Involved with nature – loves the outdoors, beauty, connected with the earth

Trusts Others

- Patience – enduring without complaint, forbearance, composure
- Openness - receptive to new ideas, accepting of others
- Leadership – pacesetter, effectiveness, foresight, energy
- Knowledge – enlightenment, memory, principled, intuitive
- Kindness – tenderness, friendliness, pleasant disposition, sweetness, good intention
- Joyfulness – a quality of gladness, cheerfulness
- Integrity – honor, honesty, trusting, trustworthiness
- Determination – resolution, purposeful, strength of will, persistence
- Courage-bravery, boldness, valor, resolution
- Willingness to serve – concerned for others, wants to help
- Value – has a personal sense of his/her own value
- Love – loving, loving spirit, warm, affectionate
- Forgiveness – being able to forgive those who have hurt us
- Compassion – to suffer with, merciful, sympathetic, able to have empathy
- Gentle Spirit – considerate, refined, peaceful, centered, mild-tempered
- Sense of Purpose- the person is motivated
- Sense of Humor-able to laugh at self or situation
- Insightful – possessing insight, experience, understanding, intuitive (The ability to know or learn something without the use of reason.)

Trusts God or Higher Power:

- Prayerful – likes to pray, listen to religious music
- Openly expresses faith-wants to pray, attend church, listen to religious music
- Involved with a community of faith – belongs to a church, synagogue, mosque, or faith group
- Awareness of God's Presence-aware of a higher power; expresses awe, wonder, reverence
- Prefers Quiet – is peaceful, calm, content, serene, doesn't like a lot of stimuli/noise

Reflective thought: How can we encourage this person to use his/her gifts in daily life; in his/her home, in the community? How can we teach this person to use his/her gifts to diminish some of the barriers in his/her life?

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Do you attend church? Yes No

• If no, do you want to attend church? Yes No

• If yes, what church do you attend? _____

Is this the church you want to attend? Yes No

If no, which church would you like to attend? _____

Are you able to attend church as often as you want? Yes No

• If no, what is preventing you from attending? _____

What kind of service do you like (i.e., lots of music, upbeat/fun, contemporary, quiet/calm, outdoors in summer, etc)? _____

• Is this the kind of service you're attending? Yes No

What day and time would you like to attend? _____

• Is this the time you're attending? Yes No

Are you a member of this church? Yes No

• If no, would you like to be a member? Yes No

Do you receive Communion? Yes No

• Would you like to receive Communion? Yes No

Are you involved in your church?

(i.e., volunteer as a greeter or usher, assist with communion, etc.) Yes No

• If yes, how are you involved? _____

How else would you like to be involved? _____

• If no, do you want to be involved? Yes No

If yes, how do you want to be involved? _____

Other than church attendance, are there any other ways that we can support you spiritually? (i.e., Bible Study, books on tape, prayer, music, nature, etc.)

For Information about this form:

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