# My Changing Family Worksheet

## CLIENT INFORMATION

Name: _____ DoB: _____ dd / mm / yyyy

Address: _____ Contact number: _____

Email Address: _____ Date: _____ dd / mm / yyyy

Instructions: This worksheet is designed to help healthcare professionals comprehensively understand patients' family dynamics and transitions. Please use this tool as a guide to facilitate open and empathetic discussions with patients regarding their changing family situations. Remember to be sensitive to cultural and social considerations throughout the process.

## SECTION 1: FAMILY STRUCTURE

Describe the current composition of your family (e.g., nuclear, extended, blended, single-parent).

Have any recent changes in your family structure (e.g., divorce, remarriage, adoption)? If yes, please provide details.

## SECTION 2: FAMILY HISTORY

Share any significant historical events that have shaped your family's dynamics.

Have there been any previous changes in family structure or relationships that have impacted you emotionally or socially?

## SECTION 3: LIFE TRANSITIONS

Describe any recent life transitions affecting your family (e.g., moving, job changes, retirement).

How have these transitions influenced your family's dynamics and relationships?

## SECTION 4: COMMUNICATION AND SUPPORT

Assess the communication patterns within your family. Are there any challenges or improvements needed?

Identify your primary sources of support within the family during times of change.

## SECTION 5: EMOTIONAL WELL-BEING

How do you and your family cope with stress and emotional challenges during changes?

Do you want to address any emotional concerns related to the changing family situation?

## SECTION 6: CULTURAL CONSIDERATIONS

Share any cultural beliefs or practices influencing your family's response to change.

How can healthcare professionals better support your family's cultural needs during this time?

## SECTION 7: RESOURCES AND INTERVENTIONS

Discuss any community resources or support groups that may benefit your family.

Explore potential interventions or strategies to promote family well-being based on your current situation.

## CONCLUSION: