

Self Sufficiency Matrix

Please choose the number that corresponds with how you feel about each activity and write it in the box to the right. Your advocate can help you with this if needed. This is all confidential.

Domain Name	1 - In Crisis	2 - Vulnerable	3 - Safe	4 - Stable	5 - Thriving	Score
Food	No food or means to prepare it. Relies to a significant degree on other sources of free or low-cost food.	A majority of household food is purchased with food assistance. Household relies significantly on free or low-cost food.	Can meet basic food needs, but requires occasional assistance from a supplemental food program.	Can meet basic food needs without assistance.	Ability to purchase food and household desires.	
Housing	Currently homeless, in temporary housing or shelter, or involuntarily doubling up with other (or has an eviction notice).	In substandard housing, or facing threatened eviction or foreclosure or monthly rent is 41% or more of monthly income (after taxes).	Living is steady subsidized or transitional housing, or monthly rent is 36-40% of monthly income (after taxes).	Secure homeownership or renting private housing with limitations of choice due to moderate income and/or monthly rent is 31-35% of monthly income (after taxes).	Homeownership or renting private housing in a neighborhood of choice and/or rent is 30% or below of monthly income (after taxes).	
Income	No income. Basic needs not met.	Income is inadequate for meeting basic needs.	Income is adequate for meeting basic needs.	Income is sufficient and stable, adequate for paying monthly bills, provides for some saving, ability to purchase non-essential items.	Income is sufficient and stable, adequate for paying monthly bills, provides for substantive savings, ability to purchase non-essential items often.	
Relationship Safety	Household is unsafe. Someone in the household feels unsafe at home at all times.	Household safety is in jeopardy. Someone in the household feels unsafe in home most of the time.	Feels safe in household some of the time.	Feels safe in the household most of the time.	Household always feels safe.	
Transportation	Does not have transportation needs met and has no access to available public transportation, a car, or regular ride.	Rarely has transportation needs met through public transportation, a car, or regular ride.	Has transportation needs met some of the time through public transportation, a car, or regular ride.	Has transportation needs met most of the time through public transportation, a car, or regular ride.	Always has transportation needs met through public transportation, a car, or regular ride.	
Employment (May not apply if individual is not employable due to disability or age.)	No job.	Temporary, seasonal, or part-time employment with inadequate pay and no benefits.	Employed full-time (or for as many hours per week as desired) but inadequate pay with few or no benefits.	Employed full-time (or for as many hours per week as desired) with inadequate pay and benefits.	Maintains permanent employment (for as many hours per week as desired with adequate pay and benefits.	
Health Care Access	No medical coverage and immediate need exists for any member of the household.	No medical coverage and great difficulty accessing medical care when needed. Some household members may be in poor	Some family members (e.g. children) have medical coverage but adults lack coverage.	All family members have medical coverage and can access care when needed but may strain budget.	All members are covered by affordable, adequate medical, vision, and dental health care coverage and can access	

		health.			care when needed.	
Adult Education (May not apply if individual is not employable due to disability or age.)	No GED or high school diploma and is not enrolled in literacy, high school, or GED program and/or has not learned to read or write in any language and preform basic math.	No GED or high school diploma and is enrolled in literacy, high school, or GED program and has basic reading, writing and math skills.	Has high school diploma or GED and basic use of English and/or is enrolled in ESL program if applicable.	Enrolled in post high school vocational education, technical, or professional training or some college credits.	Obtained a professional certification or training, and/or obtained an Associates, Bachelors, Masters, or Doctorate degree.	
Child Education (May not apply if family does not have school aged children.)	One or more school-aged children not enrolled in school.	One or more school-aged children enrolled in school, often has truancy or behavioral issues or not meeting academic expectations.	Enrolled in school, but one or more children has occasional truancy or behavioral issues and is meeting academic expectations.	Enrolled in school, and attending classes most of the time and reports no challenges with truancy or behavior and is meeting academic expectations.	All eligible children enrolled in classes and attending most of the time. Children are excelling in school performance.	
Child Care (May not apply if family does not have children.)	Needs child care but none is available or accessible and/or child is not eligible.	Child care is unreliable, unaffordable, and/or inadequate, or supervision is a problem for child care that is available.	Affordable or subsidized child care is available, but limited resources available to support narrow choices.	Reliable, affordable child care is available. Non need for subsidies.	Able to select quality child care of choice. No need for subsidies. Changes to child care can be made when desired. Backup child care plan is developed.	
Parenting Skills (May not apply if family does not have children.)	Current known or suspected safety concerns regarding parenting skills.	New to parenting and/or has limited parenting skills. Is not familiar with child development concepts, may have unrealistic expectations, still developing parenting skills. Could benefit from parenting classes.	Parenting skills are adequate and open to identified areas of growth. Willing to take parenting classes.	Parenting skills are solid.	Parenting skills are optimal. Feels confident in knowledge about health/nurturing parenting.	
Support System	Has no personal support systems and no knowledge of available community supports.	Has no personal support system, but knows where to go in the community for help when experiencing a need or crisis.	1-3 personal supports and basic community networks are available in times of need.	3-5 personal supports available and is connected with at least one community support network (i.e., non-profit, church, support group, etc.).	Has 5 or more personal supports readily available and is able to give support in return; is active and/or highly knowledgeable about community support networks.	
Substance Use	Severe alcohol abuse and/or chemical dependence; institutional living or hospitalization may be necessary. Help not sought.	Significant abuse of substances, resulting in chronic family/work difficulties.	Occasional abuse of substances. Use has a tendency to lead to an abuse pattern and negative consequences. Currently participating in substance abuse services.	Occasional use of substances but no evidence of dangerous or continued use.	No drug use. May use alcohol minimally and prescription drugs as prescribed.	
Physical Health	Untreated and chronic medical and life threatening conditions	Chronic medical conditions, potentially life threatening, with	Chronic illness generally well managed and attempting to make and	No chronic illness or stable chronic illness and maintaining good	No chronic illness and maintaining proactive preventative medical and	

	with inconsistent to minimal follow-up care.	inconsistent follow-up care.	keep routine medical and dental appointments.	preventative medical and dental care practices.	dental care practices.	
Mental Health	Experiencing severe difficulty in day to day life due to mental health challenges. Mental health needs are not being met. Doesn't know where to go to get help.	Feels that mental health symptoms may get in the way of daily living. Not sure what to do or where to go for help. Could benefit from mental health services.	Identified mental health need and working towards getting them met. Is accessing mental health services.	Mental health needs are being managed. Only minimal symptoms that are expected responses to life stressors.	Feels good about mental health - does not need any assistance in this area. Knows where to go for affordable assistance if help was needed.	
Workplace Skills (May not apply if individual is not employable due to disability or age.)	Negative or no work history, unable to obtain and retain employment in any industry.	Limited or inconsistent work history of less than 1 year.	Established work history of 1-2 years and some skills that offer potential for obtaining a comparable position.	Established work history of 2-5 years and skills that offer potential for obtaining a comparable position.	Established work history of 5+ years at a single place of employment or single occupation.	
Functional Ability	Because of functional disabilities, current living situation is unsafe and individual is unable to live alone. Assistance is not available.	Because of functional disabilities, individual is at risk living alone. Requires limited assistance or supervision. Assistance is not available.	Not able to perform activities of daily living (ADL) but is in a safe and supportive environment; or requires extensive or total assistance and assistance is available with back-up support.	Fully able to perform most ADL's or fully able to perform ADL's with assistance or support and assistance is available with back-up support.	Fully able to perform all ADL's without assistance or support.	
Criminal Justice System	Current outstanding warrants or tickets; or has had a felony conviction or arrest in the past year.	Current charges / trial pending; noncompliance with probation / parole; or has extensive criminal history.	Currently on probation/parole and is fully compliant; or has a moderate criminal history.	Has successfully completed probation/parole within past 12 months with no new charges files; or has minor criminal history.	No criminal history.	
Legal (Non-Criminal)	Has significant legal problems and is not addressing them or does not understand that the problem involves legal issues.	Has identified legal problems but is unable to proceed without legal assistance.	Has responded to legal issues with appropriate legal assistance.	Has legal representation and issues are moving towards resolution.	No legal issues or legal issues have been fully resolved.	
Money Management	No knowledge or implementation of money management skills.	Know it is important to understand basic money management matters, has limited knowledge and implementation of money management skills.	Some knowledge and implementation of money management skills.	Able to save sporadically; solid knowledge and implementation of money management skills.	Able to save consistently; comprehensive knowledge and full implementation of money management skills.	
Life Skills	Has not learned skills and has significant challenges managing a household.	Has limited skills or capacity to manage household.	Has some skills and capacity to manage household; or requires extensive or total assistance and assistance is available with back-up support.	Has solid skills and capacity to manage household; or support and assistance is available with back-up support.	Has comprehensive skills and capacity to manage household.	