

**Illinois Statewide Technical Assistance Center (ISTAC)
Systematic Information Management for Educational Outcomes (SIMEO)
Individual Family Stressors Tool 2.0**

Facilitator completes the following tracking information in conjunction with family:

How to complete this form: Answers to survey should reflect the team's experience over the past month or past three months, depending on frequency of assessment

1) Date tool was completed: _____

2) Please identify the period of assessment:

- Time 1/Baseline
 Time 2
 Time 3
 Time 4
 Time 5
 Time 6
 Time 7
 Time 8
 Discharge

3) Student Name: _____ 4) Student ID: _____

5) Student's Date of Birth: _____

Place an X in the rating column that mostly approximates at the state of stress at the time of rating

Individual Family Stressors					
Stressor 1: Parent – School Relationship	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
6) Family's interaction with school, school personnel or school meetings					
7) Power imbalance between family and school					
8) Parents feel lack of respect from school					
9) Unprofessional behavior on part of school					
10) Lack of collaboration					
11) Mistrust between parent and school					
12) Disregard for parental concerns					
13) Fear of retaliation by school					
14) Lack of communication					
15) Lack of appropriate teaming					
16) Excluded from important decisions					
17) Conflict with school					
18) Formal state complaint filed against the school/district					
Stressor 2: Child's Behavior in Community	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
19) Child's inability to participate in community activities					
20) Family's inability to engage in community events or access public places					
21) Child's excessive fear or anxiety outside the home					

Individual Family Stressors					
Stressor 2: Child's Behavior in Community (continued)	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
22) Child's tendency to elope					
23) Family unable to go to movies, pools, block parties, etc.					
24) Unable to go to others' homes					
25) Unwelcome touching of other people and belongings					
26) Sensory overload in crowded or noisy places					
27) Family unable to go grocery shopping and/or out to eat					
28) Family unable to go on family trips					
29) Unfriendly looks or comments from others					
30) Only one parent is able to attend sibling's and other events					
Stressor 3: Child's Social Difficulties	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
31) Makes comments and exhibits behaviors that offend others					
32) Inability to advocate for self					
33) Exposes family secrets					
34) Lack of friends/playmates					
35) Bullying of the child					
36) Child pulled into inappropriate social situations					
37) Lack of understanding of boundaries in intimate and casual relationships					
Stressor 4: Aggressive or Self-Injurious Behavior	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
38) Aggressive behavior					
39) Self-injurious behavior					
40) Child is in danger of getting hurt due to self injurious behavior					
41) Others are in danger of getting hurt as a result of child's behavior					
Stressor 5: Family Interactions and/or Family Functions	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
42) Limited time/attention for siblings					
43) Strained relationships with extended family					
44) Lack of energy/time to devote to marriage					
45) Limited recreation/leisure time to nurture family					

Individual Family Stressors					
Stressor 5: Family Interactions and/or Family Functions (cont.)	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
46) Concern over relationship between focus child and sibling(s)					
47) Resentment by sibling					
48) Siblings put into "third-parent" role					
49) Criticism by extended family related to how child is parented					
50) Differences between expectations of roles between parents					
51) Difference in level of acceptance of child's diagnosis between immediate and or extended family members					
52) Lack of quality time between parents					
53) Impact on sibling friendships					
54) Lack of routine and structure in home					
Stressor 6: Respite/Child Care	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
55) Respite is not accessible/available					
56) Child care is not accessible/available					
57) Family is unable to find trained respite					
58) Family is unable to find child care workers					

59) Family is unable to afford child care or respite					
60) Extended family is unable or unwilling to provide respite or child care					
61) Training is not available for extended family or child care workers					
62) Turnover of reliable and consistent respite and or child care workers					
Stressor 7: Child's Health/Safety	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
63) Lack of fear					
64) Unresponsive to pain					
65) Bolting or running					

Individual Family Stressors					
Stressor 7: Child's Health/Safety (continued)	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
66) Lack of access to equipment to maintain safety of child					
67) Untrained first responders					
68) Naivety of student with strangers or potentially harmful situations					
69) Extreme limited diet that may affect nutritional health					
70) Unable to find medical and dental care (professionals willing and able to provide care for child)					
71) Child's acceptance of dental care					
73) Sensory issues related to hair cuts					
74) Sensory issues related to dental care					
75) Sensory issues related to medical procedures					
76) Pica					
77) Puberty and associated behaviors					
78) Co-morbid medical issues: e.g., OCD, anxiety, depression					
79) Seizure activity					
80) Impact of seizures					
81) Medication issues					
82) Child's unwillingness or lack of cooperation in taking daily medication					
83) Problems with sleep					
84) Bowel issues/problems					
85) Special diet of child					
86) Lacks knowledge of or ability to provide important personal information (mom and dad's phone number, address, their own full name)					
87) Toe walking					
Stressor 8: Child's Problems with Activities of Daily Living	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
88) Cannot dress self					
89) Unable to bathe					
90) Unable to groom: e.g., self-brushing teeth, hair					
91) Lacks independent toileting skills					
92) Lacks typical sleep routine					

Individual Family Stressors					
Stressor 8: Child's Problems with Activities of Daily Living (cont.)	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
93) Unable to feed self					
94) Does not eat with utensils					
95) Unable to make meals or snacks					
96) Inability to maintain a job					
97) Lacks budgeting and personal finance skills					
98) Cannot access and use transportation					
99) Does not understand and follow street signs					
100) Inability to use telephone					
Stressor 9: Economic Stress	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
101) Parent has had to quit a job to care for the child					
102) Parent has lost job or reduced hours due to loss of or lack of appropriate child care					
103) Cost of transportation					
104) Cost of therapies					
105) Cost of services					
106) Cost of private education					
107) Cost of special social program(s)					
108) Cost of (home)programming					
109) Cost of child care or respite					
110) Cost of personal care items					
111) Cost of medical care/insurance					
112) Cost of specialty clothing					

113) Cost of special food and supplements					
Stressor 10: Educational Program School	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
114) Poorly defined IEP goals					
115) Lack of differentiated instruction					
116) Concern over methodologies					

Individual Family Stressors					
Stressor 10: Educational Program – School (continued)	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
117) Inexperienced or ineffective teachers/related service providers/aides					
118) Lack of adequate yearly progress					
119) Insufficient instructional time					
120) Lack of functional curriculum					
121) Lack of access to general education curriculum					
122) Inaccurate evaluations					
123) Inappropriate educational placement					
124) Lack of interaction with typical peers					
125) Extended school year concerns					
126) Unidentified or unmet needs related to disability					
127) Poor child-teacher relationship					
128) Lack of supports, accommodations or modifications					
129) Mismatch with characteristics of classroom or classmates					
130) Problems with transportation					
130) Problems with extracurricular activities					
131) Scheduling issues					
132) Excessive teacher/therapist absence					
133) Concerns regarding transitions between classes, teachers, schools					
134) Concerns regarding transition to adulthood					
134) Lack of effective communication system					
135) Ineffective or disregarded behavior intervention plan					
136) Inappropriate behavior plan					
137) Lack of training for staff to implement IEP and behavioral strategies					
138) Lack of support to staff to enable implementation of strategies					
Stressor 11: Educational Program - Home	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
139) Parents do not know how to begin a home program					
140) Parents cannot find people to implement home program					
141) Parents do not know how to evaluate the home program					

Individual Family Stressors					
Stressor 11: Educational Program – Home (continued)	No to Low Stress (1)	Low to Moderate Stress (2)	Moderate Stress (3)	Moderate To High Stress (4)	High Stress (5)
142) Lack of coordination between the home and school program					
143) Turnover in staff for home program					
144) Lack of resources for home program					
Other					
145) Public transportation not available					
146) Lack of computer access and availability					