



# Readiness Assessment

In advance, thank you for taking the time to complete this Readiness Assessment. Your responses will help us understand how we can best to support you in managing your healthcare journey.

**By answering these questions, we can:**

- Ensure you have the tools and resources needed to participate fully.
- Identify any potential challenges so we can offer personalized assistance.
- Confirm that you are ready to take the next step toward becoming a Self-Health Advocate.

**Name:** \_\_\_\_\_ **DoB:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Your information will remain confidential and will only be used to enhance your experience with us. Please answer each question as accurately as possible so we can provide the best support for your needs.

## 1. Medical Responsibilities

Do you handle your own medical finances, insurance, transportation to medical appointments, and daily living activities?

\_\_\_ Yes \_\_\_ No

## 2. Communication

Do you use email as one of your ways to communicate?

\_\_\_ Yes \_\_\_ No

Do you have access to the internet?

\_\_\_ Yes \_\_\_ No \_\_\_ Limited access

## 3. Device Access

Do you have access to a computer?

\_\_\_ Yes \_\_\_ No \_\_\_ Yes, but I share a device with someone else.

Do you have access to a smartphone, tablet, or other device for watching videos and receiving messages?

\_\_\_ Yes \_\_\_ No \_\_\_ Yes, but I share a device with someone else.

## 4. Education and Language

On a scale of 1 to 10, with 10 being the most comfortable and 1 being the least, how comfortable do you feel completing our paperwork?

\_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

## 5. Living Environment

What is your current living arrangement?"

\_\_\_ Living alone

\_\_\_ Living with family or friends

\_\_\_ Assisted living or group home

\_\_\_ Other: \_\_\_\_\_

Do you expect a significant change in your living environment within the next year?

\_\_\_ Yes \_\_\_ No

If yes, what change do you anticipate? \_\_\_\_\_