

MAP OF MY DREAMS®

My Dream Is:

Date:

LIFE AREA SURVEY

Domain	1	2	3	4	5	Client Scores	Clients Priority
Food	No food or means to prepare it.; relies to a significant degree on other sources of free or low-cost food	Household receives federal SNAP (Supplemental Nutrition Assistance Program) benefits	Can meet basic food needs, but requires occasional assistance	Can meet basic food needs without assistance	Can choose to purchase any food that household desires (makes healthy choices)		
Food	I don't have enough food and / or the ability to prepare it (refrigerate / store) I need food	We need food stamps / government support for food.	We can usually get by but sometimes we need help	We have enough food on a budget without assistance	We can buy the all the food we want without assistance		
Housing	Homeless or threatened with eviction	In transitional, temporary, or substandard housing; and/or current rent/mortgage payment is unaffordable (over 30% of income)	In stable housing that is safe but only marginally adequate	Household is in safe, adequate, subsidized housing	Household is safe, adequate; unsubsidized housing		
Housing	I am homeless or I am afraid of losing my home	I live in temporary housing / unsafe housing and / or can't afford my rent / payments	I live in stable housing but it doesn't meet my needs	My house is safe but I need government or family support	My House is safe and affordable		
Income	No income	Inadequate income and/or spontaneous or inappropriate spending	Can meet basic needs with subsidy; appropriate spending	Can meet basic needs and manage debt without assistance	Income is sufficient, well-managed; has discretionary income and is able to save		
Income	I have no income	I don't have enough income and / or I spend too much	I can make ends meet with my government help	I just get by without assistance	I make enough money and manage it well		

Based on Arizona Self-Sufficiency Matrix

LIFE AREA SURVEY

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Mental Health	Danger to self or others; recurring suicidal ideation; experiencing severe difficulty in day-to-day life due to psychological problems	Recurrent symptoms that may affect behavior but not a danger to self/others; persistent problems with functioning due to mental health symptoms	Mild symptoms may be present but are transient; only moderate difficulty in functioning due to mental health problems	Minimal symptoms that are expected responses to life stressors; only slight impairment in functioning	Symptoms absent or rare; good or superior functioning in wide range of activities; no more than everyday problems or concerns		
Mental Health	I have impulses to hurt myself or others	I struggle with depression and other mental health issues	sometimes I struggle with my feelings	I deal with my emotions and stress and do not seek support	I deal with my emotions and stress and seek support when needed.		
Drugs / Alcohol	Meets criteria for severe abuse/dependence; resulting problems so severe that institutional living or hospitalization may be necessary	Meets criteria for dependence; preoccupation with use and/or obtaining drugs/alcohol; withdrawal or withdrawal avoidance behaviors evident; use results in avoidance or neglect of essential life activities	Use within last six months; evidence of persistent and recurrent social, occupational, emotional or physical problems related to use (disruptive behavior or housing problems); problems have persisted for at least one month	Has used during last six months but no evidence of persistent or recurrent social, occupational, emotional, or physical problems related to use; no evidence of recurrent dangerous use	No drug use/alcohol abuse in last six months		
Drugs / Alcohol	I think I have a problem with street drugs / prescription medication. I have been hospitalized for alcohol behaviors.	I think about drugs / alcohol - I worry about withdrawal symptoms. I have health, relationship and / or financial problems because of my drug / alcohol use.	I used within the last 6 months and am concerned about my use of drugs / alcohol and sometimes take risks (driving drunk, using on the job)	I have used in the last 6 months but it is not a pattern and I do not engage in risky behaviors.	I have not abused drugs / alcohol in the last 6 months		

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Healthcare Coverage	No medical coverage with immediate need	No medical coverage and/or great difficulty accessing medical care when needed; client may be in poor health	Client on publicly provided health plan	Client can get medical care when needed but may strain budget	Client is covered by affordable, adequate health insurance		
Healthcare Coverage	I have no Medical Coverage and I, or a family member, need help right away	I have no medical coverage and I, or a family member, need medical care	I am enrolled in a Medicaid / Medicare Plan	All my family members can get medical care but related costs strain our budget	All my family members have affordable and available healthcare		
Safety	Home or residence is not safe; immediate level of lethality is extremely high; possible Child Protective Services involvement	Safety threatened; temporary protection available; level of lethality is high	Current level of safety minimally adequate; ongoing safety planning essential	Environment safe; however, future of such uncertain; safety planning important	Environment apparently safe and stable		
Safety	I do not feel safe in my home. I feel I and / or my children are in danger.	My safety and / or that of my children is threatened but I am protected.	I do not feel safe in or outside of my home.	I feel safe but believe it could change.	I feel safe at home and at work and in my community .		
Mobility and Transportation	No access to transportation, public or private; may have car that is inoperable	Transportation available but unreliable, unpredictable, unaffordable; may have car but no insurance, license, etc.	Transportation available and reliable but limited and/or inconvenient; drivers are licensed and minimally insured	Transportation generally accessible to meet basic travel needs	Transportation readily available and affordable; car adequately insured		
Transportation	I do not have access to transportation.	My transportation in unreliable, unpredictable, unaffordable. I do not have a license and / or insurance.	I have limited and / or reliable transportation and have a drivers license and insurance.	I have reliable transportation to meet my basic needs.	I have affordable, safe, transportation with insurance.		

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Disabilities	In crisis – acute or chronic symptoms affecting housing, employment, social interactions, etc.	Vulnerable – sometimes or periodically has acute or chronic symptoms affecting housing, employment, social interactions, etc.	Safe – rarely has acute or chronic symptoms affecting housing, employment, social interactions, etc.	Building capacity – asymptomatic – condition controlled by services or medication	Thriving – no identified disability		
Disabilities	I am disabled and my symptoms / condition is affecting my housing, employment and ability to care for myself.	Sometimes my symptoms affect my housing, employment and / or ability to meet my basic needs.	I rarely have symptoms that affect my housing, employment and / or my ability to meet my basic needs.	I am able to manage my disability with medication and support services.	I do not have any disability conditions.		
Life Skills	Unable to meet basic needs, such as hygiene, food, activities of daily living	Can meet a few but not all needs of daily living without assistance	Can meet most but not all daily living needs without assistance	Able to meet all basic needs of daily living without assistance	Able to provide beyond basic needs of daily living for self and family		
Life Skills	I am unable to care for myself - food, bathing, self-care.	I can meet some but not all of my needs myself, without help.	I can meet most but not all of my needs without help.	I am able to meet all of my basic needs without help.	I am able to meet basic needs for myself and my family.		
Employment	No job	Temporary, part-time, or seasonal; inadequate pay, no benefits	Employed full time; inadequate pay; few or no benefits	Employed full time with adequate pay and benefits	Maintains permanent employment with adequate income and benefits		
Employment	I do not have a job.	My job is temporary, part-time seasonal, does not pay enough to meet my basic needs and / or does not have benefits.	I work fulltime but not enough pay and/ or no / or limited benefits. If I miss a day of work I lose pay.	I work full time with enough pay to pay my bills and benefits, but fear losing my job.	I have good pay, benefits and a secure job / job skill.		

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Legal	Current outstanding tickets or warrants	Current charges/trial pending; noncompliance with probation/parole	Fully compliant with probation/parole terms	Successfully completed probation/parole within past 12 months; no new charges filed	No active criminal justice involvement in more than 12 months and/or no felony criminal history		
Legal	I have urgent outstanding tickets or warrant / Unpaid child support.	I have current charges / trial pending, or have not met the requirements of my parole or probation.	I am meeting with parole / probation. Child support is paid.	I have successfully completed probation / parole within the last 12 months with no new issues	I have no criminal history		
Child Care	Needs childcare, but none is available/accessible and/or child is not eligible	Childcare is unreliable or unaffordable; inadequate supervision is a problem for childcare that is available	Affordable subsidized childcare is available but limited	Reliable, affordable childcare is available; no need for subsidies	Able to select quality childcare of choice		
Child Care	I need child care but none is available	I have child care but it is not reliable / the child care I have is not meeting my child's needs	I use affordable government supplied child care but it does not meet my needs	I have reliable child care without government support	I have the best child care for me and my child / children		
Adult Education	Literacy problems and/or no high school diploma/GED are serious barriers to employment	Enrolled in literacy and/or GED program and/or has sufficient command of English to where language is not a barrier to employment	Has high school diploma/GED	Needs additional education to improve employment and/or to resolve literacy problems to be able to function effectively in society	Has completed education/training needed to become employable; no literacy problems		
Adult Education	I have trouble reading / I do not have a High School diploma or GED / I have limited English	I am attending a reading / GED program and have ability to speak English	I have a High School diploma or GED and have the ability to speak English	I need more school and / or training for reading and / or job skills.	I have finished training / education and I can read and write.		

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Parenting Skills	Safety concerns regarding parenting skills	Parenting skills minimal	Parenting skills apparent but not adequate	Parenting skills adequate	Parenting skills well-developed		
Parenting Skills	I am concerned about my ability to be a good parent (discipline, quality time, patience)	I try to be a good parent but struggle - I don't know what to do (discipline isn't working, have time but need money, single parent)	I do ok as a parent but I need to improve	I am confident about my parenting skills but have room for improvement	My parenting skills are very good		
Children's Education	One or more school-age children not enrolled in school	One or more school-age children enrolled in school, but not attending classes	Enrolled in school, but one or more children only occasionally attending classes	Enrolled in school and attending classes most of time	All school-age children enrolled and attending on a regular basis		
Children's Education	I have 1 or more children not enrolled in school or Head Start	I have children enrolled in school but they do not attend	I have children enrolled in school not attending regularly	I have children enrolled in school and they attend most of the time	All my children are enrolled and attending school regularly		
Community Involvement	Not applicable due to crisis situation; in "survival" mode	Socially isolated and/or few social skills and/or lacks motivation to become involved	Lacks knowledge of ways to become involved	Some involvement (advisory group, support group) but has barriers, e.g., childcare transportation	Actively involved in community		
Community Involvement	I am alone and not involved with others	I feel isolated and have little involvement with others. I have little or no desire to get involved	I want to get involved but don't know how	I do get involved but childcare and transportation make it difficult	I am actively involved in my community		

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Family / Social Relations	Lack of necessary support from family or friends; abuse (domestic violence, child) is present or there is child neglect	Family/friends may be supportive, but lack ability or resources to help; family members do not relate well with one another; potential for abuse or neglect	Some support from family/friends; family members acknowledge and seek to change negative behaviors; are learning to communicate and support	Strong support from family or friends; household members support each other's efforts	Has healthy/expanding support network; household is stable and communication is consistently open		
Family/Social Relations	I don't have enough support from family and friends	My family and friends are supportive but do not have the resources to help me: my family does not get along	I have some support from family and friends. My family / friends want to get along	I have strong support from family and friends and we support each other.	I have stable and strong support, open communication with family and friends and I meet new people.		
Money Management	Bankruptcies, foreclosures, evictions	Outstanding judgments, garnishments	Aware of credit score, needs a Credit Repair Plan	Moderate budgeting skills, has bank account but no savings plan	Manageable budget and ability to save, bank account		
Money Management	I have current problems with bankruptcies, foreclosures and / or evictions.	I have outstanding judgments, garnishments.	I am aware of my credit score, and need a Credit Repair Plan.	I have moderate budgeting skills, a bank account but no savings plan.	I manage my budget save money and have a good credit score.		
Other (add your own)							
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