

**Family Assessment Paper**

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## Family Assessment Paper

### **Family identification**

An assessment of Scott's family was an exciting experience that served to sharpen our skills. It was a great opportunity to showcase and apply class knowledge in the field. Scott is a 45-year-old man who is a software engineer at The Triple-Phase Technology Solutions. His wife, Marley, is a nurse at the nearby health center, where she has worked for the past 15 years. She is 43 years old. They have been blessed with two children, Jason, and charity. Jason, 19, is in his first year at the University of California Los Angeles, while Charity is a thirteen-year-old girl in the 8<sup>th</sup> grade at St. Barnabas academy. They live under one roof as a nuclear family. They have no other people living with them in the house. The family is a mixed ethnicity type as Marley is African American while Scott is Caucasian. They all attend St. Mary's catholic church, where they are faithful members. The family is closely knit and relies on each other for support and everyday life. To foster healthy bonds, the family goes to the park and public spaces on weekends, where they bond and have fun activities. They love cruising and do that pretty much often. In addition to this, other recreation activities they engage in include going on beach holidays during summer, going to movie theatres for current movies, and family fun day activities organized by Scott's workplace.

The parents work in harmony to ensure discipline and provision for their children. Some of the roles that overlap include kitchen work, house chores, discipline issues, and shopping. Either of the parents does the roles as they are both occupied in cost cases. They sometimes struggle with chores, and the children are called upon to help in the activities, but they manage their activities pretty well. They would use a nanny, but this has not been readily available. On

the discipline front, the mother is the strictest and doesn't hesitate to institute disciplinary measures when either of the children steps out of line. They do their best to have a stable family.

### **Developmental stage.**

The Scotts are a young family of childbearing age with two teenage children. The parents do their best to raise the children as best as they can. The history of this family unit is an amazing one. Scott and Marley met in college and dated for three years before settling down in marriage. They have lived together for the past 21 years, and they have been happy for most of this period. They have been blessed with two children, and on the inquiry of the plan for more children, they have no such plans. Their family history reveals that Scott's family has been purely white. Marley's, on the other hand, has had some interracial intermarriages. This, however, wasn't an impediment to their plans of settling down. Their parents were very accommodating and supportive. They work together, and the two families visit each other so often. The children's development stages are appropriate for their ages, and they depend so much on their parents. Their lives have been calm, and they don't have any immediate complaints. Jason is in his late teens and experiments with things. Recently, he went away with his friends and came back home drunk. This, however, wasn't an issue of concern to the parents as they understand his stage of development. They have counseled him on responsible living. On the other hand, Charity is an adolescent in her late teens. She loves playing with her peers and doesn't show any signs of social deviation.

### **Environmental data**

The family stays in a four-bedroom house, permanently acquired through a fully paid mortgage. The house was discussed among parents, and they both agreed to acquire it as it fits

with their wish of a home they would love to have. The children are comfortable with it as their home as well. The neighborhood comprises all races. Most residents are of the middle-income class and are comfortable affording their wants. It is a clean environment with minimal pollution, and garbage collection is on a regular basis. There is a park nearby where individuals can exercise, a gym, schools, and a hospital where crucial services can be obtained. It is a fairly safe environment, and cases of insecurity are almost nonexistent. For geographic mobility, the family owns two cars, all fully paid. Scott loves the suburban utility truck, while Marley is content with the saloon care. They drive by themselves and are teaching their son to be comfortable behind the wheel. Water connection is from the municipal township, which is paid for monthly. Drinking water is obtained from the shopping center, where purified water is available. The family hasn't had any outbreak related to sanitation status or related illnesses. The family owns no domestic animals or pets as no one is at home during the day. However, the children love cats and would wish to own one. Safety precautions in the home include a fire extinguisher centrally located in the house. In the event of a fire, all family members have been trained on how to use it. There are guard rails on all staircases in the home to prevent falls, and there is a dedicated store sharp instruments are kept to prevent accidental injuries.

The family is actively involved in running estate affairs and has great visions for their residence. Scott is the chairperson of the estate. There is a community group tasked with planning and logistics for security measures. These associations have a subscription to enable the daily running of affairs, and the family is compliant with all the regulations. The family has at least 7 family friends who frequently interact on the social network front. Their children can go for sleepovers with trusted family friends without barriers, and they guide each other on most lessons of life.

## **Family structure**

Communication is an essential aspect of every group living together. It is the key to progress and harmony. The family encourages open communication and discussions within the family. They also have a family WhatsApp group where common discussions and renders can be shared. In the event of conflicts, either of the parents leads a conflict resolution meeting that has always ended well. Decision-making in the family is a shared affair. This is very apparent among parents, and children are called upon as necessary. The final decision on most matters, however, rests with the parents. The role structure in the family overlaps. Roles are shared between family members and help out with house chores. No strict assignment of roles is followed, and the shared responsibility has been quite effective. The family is guided by values that they regard highly. Being rooted in Christian faith and beliefs, the family values honesty and togetherness, the pillars they agree on have propelled them to great heights.

The family is conscious of showing love and affection for every family member. The parents do their best to meet these demands from the children. They are closely knit, and they all live under one roof. Parents show affection to their children as they take each of them to school and address their wants. The boy has been provided a play station as he had wished. The girl has a host of toys and costumes as she is a fan. The Scotts are fairly stable financially. Both parents are employed and comfortably afford all the family needs. They do not have any outstanding loans and quite manage their financial situation.

## **Health information of the family**

All the family members have had healthy lives. Only Jason has a chronic illness, asthma, that is well controlled. All the family members have no history of previous surgeries. Marley,

however, was admitted twice for caesarian deliveries. Jason is allergic to eggs, while the rest of the family members have allergies to drugs or foods. The family values taking a balanced diet and the need for physical activity to minimize the risk of lifestyle illnesses. The children take breakfast and supper at home. Lunch is taken at school on most occasions, and they take snacks with them occasionally. The meals taken are balanced diets, and the children have normal body mass index (BMI). The boy has a BMI of 23, while the girl has a BMI of 20. The boy plays basketball while the girl loves tennis in terms of activity. Both children are socially active, have friends of both sexes, and have good interactions with them.

### **Family coping patterns**

The short-term stressor for the family is the possibility of having to change homes when charity joins the high school. The fact of possible separation scares them. The long-term stressor for the family is fatigue due to the general exhaustion occasioned by the busy day for each of them. Whenever faced with challenges, the parents discuss the issue privately. When needed, the children are called upon to air their opinions. They have solved most of their issues without seeking external help. The family receives great support from their Christian community. They visit each other, and their religious leaders take up an advisory and motivation role. They are happy to share and get advice from their priest in times of need.

### **Care plan for the family**

**Nursing diagnosis:** general fatigue related to extended demands at home evidenced by the need to drop every child at school, lack of a house-help, and reports of fatigue from the family members.

**Expected outcome:** the family will understand general fatigue, its etiology and adopt behavior change that decreases the chances of fatigue

<b>Nursing interventions</b>	<b>Rationale</b>	<b>Evaluation</b>
Educate the family on the etiology of fatigue	Fatigue is a result of many activities for one person, which leads to a physical drain. Therefore, educating the family on the etiology of fatigue could help in averting the risk (Devi et al., 2018).	The family understood the etiology of fatigue and adopted the suggested measures to avoid the problem.
Help the family in identifying stressors they are exposed to	Understanding the specific stressor helps the family assess solutions (Devi et al., 2018).	
Suggest to the family the options for reducing fatigue, such as a bus for children to school or, if they can afford, a car for the children to drive themselves to school.	Extended periods of driving and the anxiety of always being on time to pick up the children could exert pressure on parents hence the need to provide alternative means of transport.	

## References

- Devi, O., Bal, S. K., & Gill, J. K. (2018). Occupational stress and its contributing factors among young working women from nuclear families. *ADVANCE RESEARCH JOURNAL OF SOCIAL SCIENCE*, 9(1), 44-49. <https://doi.org/10.15740/has/arjss/9.1/44-49>