

Family Assessment
Nur 392
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Willie and Taletia Lucas have two daughters together, ages 3 and 6 in a nuclear family. Willie is a male age 40, he has been a police officer in New York City for 15 years. He attended a 4-year college with a degree in economic crime investigation. Taletia is a female age 38, she has been a Registered Nurse for 17 years with a master's degree in nursing education. She now works per diem as a school nurse and clinical instructor. Before having children, Taletia worked on a pediatric unit for 14 years. Her decision to leave and go per diem stems from having children and wanting to have the flexibility to be home with them if she needed to. Willie is African American and Taletia is Jamaican. Willie identifies as a Muslim, while Taletia is Christian. Both have stated that they are very spiritual but not necessarily religious people. For recreational and leisure activities Willie loves to play basketball. He played basketball all 4 years of high school and received a full scholarship to play in college. He currently plays on the NYPD basketball team as well as coaches the female NYPD team. He often travels around the country playing and coaching against other states. While Taletia now spends most of her leisure time tending to her daughters, occasionally she likes to garden, read a good book and pushing 40 she is starting to take her health more seriously. She has joined a workout group and is dedicated to a healthier lifestyle. Both parents take one trip together per year and at least one family trip per year. There is a park within walking distance from their house that they love to take their children. Parental roles for both parents are democratic although Taletia says every now and then she finds herself being more of a dictatorial parent.

Willie and Taletia met in college, dated, and is now married. The development stage of the family is childbearing with a toddler and school age child. The family unit has function overtime with constant communication, respect for each other, and enjoying each other's

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company. Willie was born in New York City while Taletia was born in Jamaica and migrated to New York City at a young age. The developmental stage for the 3-year-old is Erickson's stage of autonomy vs. shame and doubt. The family is meeting the task for this stage by allowing the toddler to play, help herself, and use her imagination. Along with cognitive development, there is also the physical aspect. Willie and Taletia supports their 3-year-old with good nutrition, regular exercise and plenty of sleep. Toddlers are generally picky eaters and this is no different for this 3 year old. One way Willie and Taletia are tackling this task is by example. Toddlers generally mimic their parents so, if she sees her parents making healthy food choices they are typically going to follow. Taletia does majority of the grocery shopping in the house and often brings the girls along. She makes the girls help in picking out various fruits and vegetables. The 6-year-old is in Erickson's stage of Industry vs. Inferiority, the family is meeting the tasks for this stage by allowing her to practice skills such as tying her shoelaces, painting and drawing, jumping rope and her favorite adding and subtracting.

The Lucas family lives in fairly safe urban two-family house with running water. There are no pets in the house. Medications are typically stored in the bathroom cabinet and the firearms are locked in their respective case. They each have their own vehicle and both children have a car seat. Both girls have swimming every Saturday and the 3 year old has soccer on Tuesday.

Willie and Taletia's communication pattern is significantly better than it was in the past. They do give their daughters the opportunity to express themselves whenever they want. This is fairly new to both parents due to the fact that when they were children, they couldn't express their concerns to their parents. If there is a major decision to be made, both parents discuss and come to an agreement. When it comes to minor decision making, whoever is best equipped at the

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moment makes that decision. Both parents work full time. Taletia's schedule is more flexible than her husbands. The family believes in a traditional household role where the man is the leader of the house. Taletia does most of the domestic work and tends to the children. Willie being the fulltime worker, helps when he can. The family meets the children's need for the affection, love, and understanding by giving hugs, kisses, and giving them a safe space to express their emotional needs without judgment or scrutiny. The family's economic resources provides the family with all the basic needs.

Willie has a minor congenital heart defect that does not affect his daily life. Within the last 5 years he has struggled with keeping his blood pressure under control despite his active physical lifestyle and becoming a vegetarian. Last year his doctor suggested a low dose of blood pressure medication which he is mainly compliant with. Taletia's only medical condition is scoliosis and sickle cell trait. Neither affects her ADL'S. The youngest daughter did inherit the sickle cell trait from her mom, otherwise both girls are healthy despite an occasional cold during the winter months. No one in the family has any allergies. Willie did have a rotator cuff repair in his mid-twenties mostly likely from wear and tear of playing basketball. He also had a hernia repair a few years ago. The nutritional intake of the children is typical of a toddler and school age child. They love to eat waffles, French toast, cereal, apples, mangoes, oranges, broccoli, and Taletia's culture cooking. Extracurricular activities for the children includes swimming on Saturday's and the youngest plays soccer on Tuesdays. The oldest is interested in art so, she will most likely try out for the art club next school year. The children have lots of friends, they also have a large extended family with cousins their age that they often play with.

Some short-term stressor includes spending quality time together. With Willie hectic work schedule and his various extracurricular activities, it's often hard to find quality time with

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each other. Long term stressor would include what life will be post retirement for Willie. He only has 5 years left before he is eligible for retirement and moving on to the next career path can sometimes be daunting. Some coping strategies use by Willie and Taletia include meditation, pre pandemic going to therapy, listening to music, and relaxing in the park. The family attempts to actively cope with problems by communicating. Constant communication they have found is the main way to solve issues that arises. The family has support from Willie's mother, Taletia's parents, her sister and cousin.

Although this family has many strengths, an area identified for improvement can be increasing the quality family time. The father works a full-time job and on his free time is consumed with basketball. Quality family and marriage time is lacking. Nursing interventions can be family movie night, monthly date night and daily time to talk for at least 10 minutes about the day to day. The rationale to increasing quality time is to foster a deeper caring relationship with all parties. It is also important to set an example to the children of the importance of family bonding.