



Wellbeing Scales

Welcome to the Catalight Family Wellbeing Scale

This scale aims to provide information on the overall wellbeing of families where at least one child has Autism spectrum disorder (ASD) or Intellectual and Developmental Disabilities (I/DD). ASD and I/DD can affect the entire family, and this scale seeks to evaluate the wellbeing of the family as a whole in this context.

Please fill out this survey about your family by choosing the best answer for each statement.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	1	2	3	4	5
Our family is able to make decisions that benefit us	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We care about one another	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In my family, we have what we need for food and shelter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We are able to balance family needs so that we can pursue our own interests	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We enjoy spending time together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Financial cost of caregiving for our family member with a disability, autism or a developmental delay is manageable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have support outside of our family to help with caregiver/childcare responsibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have good communication in our family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Family members feel safe in our family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We prioritize individual family health needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We are able to resolve conflict and support each other when things go wrong	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Working members of my family are able to balance work and caregiver/childcare responsibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have access to disability, autism or developmental delay related resources	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Our family is part of a larger community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In my family, we share our feelings and support each other's emotional needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Total Score					

52 and above

Your family has average familial wellbeing in comparison to other families who have at least one child with I/DD.

43-51

Your family has a little bit lower familial wellbeing in comparison to other families who have at least one child with I/DD.

42 and below

Your family's wellbeing is a lot lower than other families who have a child with I/DD.

