Behavioral and Person Centered Care Cheat Sheet

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Indicators of Well-Being

- ☐ Assertiveness
- ☐ Bodily Relaxation
- ☐ Sensitivity to the Needs of Others
- ☐ Responding to & Use of Humor
- ☐ Creative Self Expression
- ☐ Showing Pleasure
- ☐ Helpfulness
- ☐ Initiating Social Contact
- ☐ Showing Affection
- ☐ Signs of Self Respect
- ☐ Expression of a Range of Emotions
- ☐ Positive Mood
- ☐ Positive Engagement and Occupation

Indicators of Ill-Being

- ☐ Unattended Despair
- ☐ Intense Anger
- ☐ Unattended grief
- ☐ Anxiety
- ☐ Fear
- ☐ Boredom
- ☐ Physical Discomfort
- ☐ Bodily Tension
- ☐ Agitation
- ☐ Apathy
- ☐ Withdrawal
- ☐ Cultural Alienation
- ☐ Difficulty Withstanding Powerful Others

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