



Self-Assessment Worksheet for Activity Coordinators

Supporting meaningful activity through reflection | HELPS Framework

Name: _____

Date: _____

Month being reviewed: _____



1. Reflect using the HELPS framework

H – Histories

Did I learn something new about a resident's personal or family history?

Did I use a resident's life story to shape an activity this month?

Example/notes:

E – Experiences

Did I create or support an experience that brought joy, meaning, or calm?

Did any residents try something new, revisit an old interest, or feel a sense of achievement?

Example/notes:

P – Preferences

Have I checked in with residents about their likes and dislikes?

Did I adapt or adjust activities based on individual or group feedback?

Example/notes:

S – Strengths

Did I focus on what residents can do rather than what they can't?

Did I offer choices that empowered people to feel capable?

Example/notes:

✨ 3. My focus for next month

Choose one area of HELPS to strengthen next month:

H

E

L

P

S

Brief idea or goal:

“This isn’t about perfection - it’s about purpose. You’re making a difference.”

