

## ADULT NEEDS AND STRENGTHS ASSESSMENT (ANSA)

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### 10 KEY QUESTIONS

#### For Clients

This sheet lists the key areas of your life that we will be talking about. If you have needs or strengths in any of the areas listed, we will ask for more detailed information to better understand that need or strength. This conversation will allow us to collaboratively create an individualized treatment plan for you.

1. What do you do well?
2. Are you involved with a group, club, or community that provides comfort or support?
3. How does your family get along?
4. How is you doing at home, at school/work, and with friends?
5. Are you having any trouble with emotions, feelings or actions?
6. Are you doing things which could hurt yourself or others?
7. Do you worry about your safety at home, at school, or in the community?
8. Did you have any problems at birth or in the first few years of life?
9. Have you experienced trauma or challenging life events? Have you been through something difficult that still impacts you today?
10. What would help you to feel best supported? What are your hopes how can we support you?