



3-dimensional assessment model

Physical, cognitive and social factors of health and wellness

- Mindset and skillsets
- Ability to self-manage
- Problem-solving skills
- Self-assessment skills

PHYSICAL

Eating habits
Body Mass Index (BMI)
Lifestyle
Physical activity level
General health history
History of family illness

COGNITIVE

Self-esteem
Confidence in making choices
Targeted planning
Self-organization skills
Decision making

SOCIAL

Interpersonal communication skills
Shared interests & values
Social inclusion
Integration

- Access to community
- Proactive engagement
- Resilience

- Coping with challenges
- Motivation
- Peer support