

© 3-dimensional assessment tool:

Physical, cognitive and social aspects of health and wellbeing

- Mindset and skillsets
- Ability to self-manage
- Problem-solving skills
- Health management 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
- Building resilience

- Coping with challenges
- Motivation
- Peer support