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Dear Colleague:

This letter confirms our permission to use the **Family Empowerment Scale** in your research. Attached is a copy of the instrument and a list of published studies that have used the scale. We're delighted that you are interested in using this scale and hope that you find it useful. Please let us know the way in which you plan to use the information, for what purpose, if you plan to reproduce, and how many copies will be disseminated. Please cite properly, whether the citation be in printed form or on a website. Please also send us a citation of the publication in which you reproduce or cite the material. We would be very interested to hear about your experiences and findings, particularly with respect to aspects of the scale that might be improved. Good luck with your study.

For further specific or technical information, please contact Dr. Barbara Friesen at (503) 725-4166 or by e-mail at friesenb@pdx.edu.

Best regards,

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Scoring directions for the “Family Empowerment Scale”:

Scores for the subscales are simple means. Calculate the mean by adding the scores for the subscale items, and dividing by the number of questions. If there are missing items (up to 3), then add the scores for the subscale items, and divide by the number of answered questions. We do not recommend adding all subscales for an overall score because the content of each of the subscales addresses quite different topics. However, many published articles have employed this method (adding for an overall score).

FAMILY EMPOWERMENT SCALE

These questions ask about several areas of your life—your family, your child’s services, and your community. The questions include many different activities that parents may or may not do. For questions that do not apply to you, please answer “Never”. Also, we know that other people may be involved in caring for and making decisions about your child, but please answer the questions by thinking of your own situation. Feel free to write any additional comments at the end.

| ABOUT YOUR FAMILY... | NEVER | SELDOM | SOME-TIMES | OFTEN | VERY OFTEN |
|---|-------|--------|------------|-------|------------|
| 1. When problems arise with my child, I handle them pretty well. | 1 | 2 | 3 | 4 | 5 |
| 2. I feel confident in my ability to help my child grow and develop. | 1 | 2 | 3 | 4 | 5 |
| 3. I know what to do when problems arise with my child. | 1 | 2 | 3 | 4 | 5 |
| 4. I feel my family life is under control. | 1 | 2 | 3 | 4 | 5 |
| 5. I am able to get information to help me better understand my child. | 1 | 2 | 3 | 4 | 5 |
| 6. I believe I can solve problems with my child when they happen. | 1 | 2 | 3 | 4 | 5 |
| 7. When I need help with problems in my family, I am able to ask for help from others. | 1 | 2 | 3 | 4 | 5 |
| 8. I make efforts to learn new ways to help my child grow and develop. | 1 | 2 | 3 | 4 | 5 |
| 9. When dealing with my child, I focus on the good things as well as the problems. | 1 | 2 | 3 | 4 | 5 |
| 10. When faced with a problem involving my child, I decide what to do and then do it. | 1 | 2 | 3 | 4 | 5 |
| 11. I have a good understanding of my child's disorder. | 1 | 2 | 3 | 4 | 5 |
| 12. I feel I am a good parent. | 1 | 2 | 3 | 4 | 5 |
| ABOUT YOUR CHILD'S SERVICES... | NEVER | SELDOM | SOME-TIMES | OFTEN | VERY OFTEN |
| 13. I feel that I have a right to approve all services my child receives. | 1 | 2 | 3 | 4 | 5 |
| 14. I know the steps to take when I am concerned my child is receiving poor services. | 1 | 2 | 3 | 4 | 5 |
| 15. I make sure that professionals understand my opinions about what services my child needs. | 1 | 2 | 3 | 4 | 5 |
| 16. I am able to make good decisions about what services my child needs. | 1 | 2 | 3 | 4 | 5 |
| 17. I am able to work with agencies and professionals to decide what services my child needs. | 1 | 2 | 3 | 4 | 5 |

| | | | | | |
|--|-------|--------|------------|-------|------------|
| 18. I make sure I stay in regular contact with professionals who are providing services to my child. | 1 | 2 | 3 | 4 | 5 |
| 19. My opinion is just as important as professionals' opinions in deciding what services my child needs. | 1 | 2 | 3 | 4 | 5 |
| 20. I tell professionals what I think about services being provided to my child. | 1 | 2 | 3 | 4 | 5 |
| 21. I know what services my child needs. | 1 | 2 | 3 | 4 | 5 |
| 22. When necessary, I take the initiative in looking for services for my child and family. | 1 | 2 | 3 | 4 | 5 |
| 23. I have a good understanding of the service system that my child is involved in. | 1 | 2 | 3 | 4 | 5 |
| 24. Professionals should ask me what services I want for my child. | 1 | 2 | 3 | 4 | 5 |
| ABOUT YOUR INVOLVEMENT IN THE COMMUNITY... | NEVER | SELDOM | SOME-TIMES | OFTEN | VERY OFTEN |
| 25. I feel I can have a part in improving services for children in my community. | 1 | 2 | 3 | 4 | 5 |
| 26. I get in touch with my legislators when important bills or issues concerning children are pending. | 1 | 2 | 3 | 4 | 5 |
| 27. I understand how the service system for children is organized. | 1 | 2 | 3 | 4 | 5 |
| 28. I have ideas about the ideal service system for children. | 1 | 2 | 3 | 4 | 5 |
| 29. I help other families get the services they need. | 1 | 2 | 3 | 4 | 5 |
| 30. I believe that other parents and I can have an influence on services for children. | 1 | 2 | 3 | 4 | 5 |
| 31. I tell people in agencies and government how services for children can be improved. | 1 | 2 | 3 | 4 | 5 |
| 32. I know how to get agency administrators or legislators to listen to me. | 1 | 2 | 3 | 4 | 5 |
| 33. I know what the rights of parents and children are under the special education laws. | 1 | 2 | 3 | 4 | 5 |
| 34. I feel that my knowledge and experience as a parent can be used to improve services for children and families. | 1 | 2 | 3 | 4 | 5 |

COMMENTS _____

Family Empowerment Scale (FES)

Section I: Studies using the FES

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- *This article makes reference to several California CMH sites using the FES*

Section II: FES cited

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