

Kathy Lopas  
Lucretia Shafer  
Community Health  
October 13, 2006

**Freidman Family Assessment (Short Form)**

Shafer  
23429 98<sup>th</sup> Ave. S. Kent, WA 98031

<b>Name</b>	<b>Gender</b>	<b>Relationship</b>	<b>Date &amp; Birthplace</b>	<b>Occupation</b>	<b>Education</b>
Shafer, Steve	Male	Husband	6/12/57 Renton	Surveyor	2 yrs college
Shafer, Lucretia	Female	Wife	3/6/57 Seattle	Student	AA, almost BSN

**Family Form:** Nuclear

**Cultural Background:** European/Scandinavian

**Religious Background:** Protestant

**Social Class:** Middle class

**Recreational/leisure:** Sailing, camping, hiking, remodeling, winemaking, gardening, reading, thinking

**Developmental Stage and history of Family:**

Empty nest. The couple have been married 30 years, lived in Kent for 28 years, raised their 4 children in the same house that they now live in. Lucretia's parents are missionaries in Papua New Guinea, and have been married for over 50 years. Steve's parents were married 49 years at the time of his father's death from a stroke. The children are 29, 27, 26 and 21, all married and living as couples on their own. They currently have one granddaughter.

**Environmental Data**

The home is located in Kent city limits, with in walking distance of schools, shopping, and medical care. Downtown Kent is one mile away with freeway access within 2 miles. The home is located on a dead end street, which until recently was rural. Currently, 70 new single-family homes are being built so the neighborhood is in transition with younger, international families moving in.

Their home is an older home, recently remodeled located on .5 acres of lawns, gardens and fruit trees. It is a two-story, 4 bedroom home, with 1.5 baths. Safety equipment includes smoke alarms on each level, a fire extinguisher on the main floor and a security system that is not connected to emergency services. Several safety factors need to be addressed. Cleaning supplies are kept under the sinks and on the floor in the laundry room. Medicines are kept on a 5-foot high shelf in the bathroom unlocked. Bagged cat food is on the floor in the pantry. Stairs are steep and not up to code. However they are carpeted.

There is a large shop in the backyard, which includes a woodworking area, electronics area, office, screen printing room and a darkroom. There is a fire extinguisher located at each entrance (2). There are numerous toxic substances and tools through out the shop unsecured and easily accessible. Stairs are unsafe, the floors vary from dirt to tile and are multi-leveled. The shop is kept locked and secured when not in use.

Steve has worked as a surveyor for the city of Kent for the past 15 years. He commutes to work on his bicycle. Lucretia worked as an activewear manufacturer/screen printer for 20 years out of the home and is currently a student at PLU.

### **Family Structure:**

Steve and Lucretia feel that they have a strong marriage with open, honest communication. Lucretia initiates most of the conflict resolution conversations while Steve would rather wait for the situation to resolve itself on its own. Over the years they have developed an understanding of each other's needs and have learned to respect each other's communication styles and preferences and are able to come to agreement.

Decisions are made jointly, with discussion as needed. Steve is logical and wise in decision-making, and Lucretia seeks his input before making any major and/or difficult decisions. Most household decisions are left up to Lucretia while Steve spends most of the money. For example, Steve purchases computer equipment with out consulting Lucretia. However they both use the new technology equally. Both are comfortable with their decision making structure.

The roles of the household have changed with the changing of the family structure. When the children were young and living at home, the role structure was typical according to gender. Lucretia cared for the children and the house, doing the shopping, cooking, laundry, cleaning, and chauffeuring of the kids. Steve did the finances, worked on the vehicles, mowed lawns, and maintained the physical plant. Both were employed—Steve outside the home, while Lucretia was self-employed. Now that the children are gone, the roles are less structured. Now that Lucretia is a full-time student, Steve is much more involved in the duties of the house. He cooks and shops as needed, and Lucretia studies a lot.

The family values individuality and independence over material possessions. Additionally, they value education, time spent together and family.

### **Family Functions:**

**Affective Function:** Steve and Lucretia have a connectedness that reflects a strong stable marriage. They are somewhat reserved in social settings but open and affectionate when alone. They turn to each other for emotional support and are able to meet each others needs.

**Socialization Function:** Children are now adults and out of the home. All are well socialized, with no serious problems. (Job well done.)

**Health Care Function:** The family recently changed health insurance and is not comfortable with the choice. Currently, neither has a primary physician, and do not get regular check ups. Neither have any significant health issues at this time. Both receive biannual dentist care. Steve needs but refuses to see an optometrist for eye care. Family eats nutritiously, but meal times vary greatly due to diverse schedules. Since Steve

bicycles to work, he is physically fit. Lucretia is more sedentary but is aware of her need for exercise. Sleep is important to both of them and they average 7 hours a night.

### **Family Stress and Coping**

The main short-term stressor in this family is Lucretia's schooling. She is in her senior year of nursing school and the demands on her time impact their personal time together and their social commitments. Long-term stressors include Lucretia's change in career. For the past 20 years she has owned and operated an in-home business and is planning to work full-time as a nurse when she graduates in the spring.

The couple spends time discussing their changing lifestyle and they are excited about the changes. They understand and acknowledge the stress and use a variety of coping skills and problem-solving strategies to address the issues as they arise. They also have adequate emotional support from extended family and friends to whom they turn to when needed.

Nursing Diagnosis: Risk for ineffective role performance related to developmental transitions and new roles (new grandparents, new empty nesters, new neighbors, prospective new career for Lucretia, transitioning into a two career family)