

# Common Needs Cheatsheet

## Physical Needs

1. Are they in pain? (ask them or have a medical professional check them out)
2. Are they tired?
3. Thirsty?
4. Hungry?
5. Need the bathroom?

## Emotional Needs

1. Do they have purpose/feel needed in their day?

How often do you ask for their help, advice, thoughts on things? Are they being set up for success in contributing to the household or others?

2. Do they feel appreciated?

Do you thank them? Do you acknowledge their efforts?

3. Do they feel listened to?

Giving them 30 seconds to process information and saying validating things help them know you're listening to them or do you mostly tell them what they need to do.

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## Emotional Needs

4. Do they feel safe?

Do you reassure them? Especially if they experience hallucinations or delusions

5. Do they have too much/too little leisure/quiet time?

Them being over or under stimulated can often lead to challenging behaviors