



**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. You can add all subscales for an overall score, but be aware that each of the subscales addresses quite different topics. Many published articles have employed this method (adding for an overall score). Examining each subscale score in relation to other variables of interest is another approach that may give more specific information.

## 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.

<b>ABOUT YOUR FAMILY...</b>	NEVER	SELDOM	SOME-TIMES	OFTEN	VERY OFTEN
2. I feel confident in my ability to help my child grow and develop.	1	2	3	4	5
4. I feel my family life is under control.	1	2	3	4	5
6. I believe I can solve problems with my child when they happen.	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
10. When faced with a problem involving my child, I decide what to do and then do it.	1	2	3	4	5
12. I feel I am a good parent.	1	2	3	4	5
<b>ABOUT YOUR CHILD’S SERVICES...</b>	NEVER	SELDOM	SOME-TIMES	OFTEN	VERY OFTEN
14. I know the steps to take when I am concerned my child is receiving poor services.	1	2	3	4	5
16. I am able to make good decisions about 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
20. I tell professionals what I think about services being provided to my child.	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
24. Professionals should ask me what services I want for my child.	1	2	3	4	5
<b>ABOUT YOUR INVOLVEMENT IN THE COMMUNITY...</b>	NEVER	SELDOM	SOME-TIMES	OFTEN	VERY OFTEN
26. I get in touch with my legislators when important bills or issues concerning children are pending.	1	2	3	4	5
28. I have ideas about the ideal service system for children.	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
32. I know how to get agency administrators or legislators to listen to me.	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** \_\_\_\_\_

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## Family Empowerment Scale (FES)

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

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