

F-words Life Wheel was developed by Occupational Therapists Lucy Charles and Arul Hamill (Paediatric OT, New Zealand) and Physiotherapist Kelly Reynolds (Kids Plus Foundation, Australia) for use as an interviewing and coaching tool. In 2011, Rosenbaum and Gorter¹ developed the CanChild six F-words that focus on childhood development domains - Function, Family, Fitness, Fun, Friends, and Future. The F-words build upon the World Health Organizations (WHO's) International Classification of Functioning, Disability and Health (ICF) framework. CanChild hope to encourage people in the childhood disability field to adopt a more inclusive, strengths based way of thinking and apply these concepts in their work with children with disabilities and their families. Building on the work done by Rosenbaum and Gorter and CanChild and utilising coaching tools and techniques; Lucy, Arul and Kelly developed the F-words Life Wheel. They have found this an invaluable tool for facilitating rich and meaningful conversations between families and service providers and enabling meaningful goal setting, based on what is important to children and families in their given contexts and situations.

Aim of the F-Words Life Wheel

- To give children and families a framework and a voice to express their hopes, dreams and goals
- To prompt families/caregivers/teachers/children to think about all areas of life
- To measure current satisfaction across all dimensions of life domains in different settings
- To help identify what is going well and to develop a vision for the future, including what people would like to see more of in their lives
- It can be a mechanism to help identify steps towards a future vision through meaningful goal setting and intervention planning

How to complete the F-Words Life Wheel: This can be complete by a child, caregivers, Teacher or family.

- **Choose where to start:** Choose where you would like to start on the wheel and complete all areas. Use the scale of 1-10 where 1 represents dissatisfied and 10 is fully satisfied. Put a circle on the number to rate how satisfied they are in each area of the F-words Life Wheel.
- **What is happening now?** Think about what is going well. What would you like to change.
- **Vision:** How would you like it to look? If this area was a 10, what would it look like? What would increase your satisfaction in this area?
- **Think about the next Steps:** What would help move this towards a 10? What could you do/ we do to help this move?
- **Goal Setting/ Action plan:** Identify the **specifics of the goals** based completion of this wheel

F-words Life Wheel

Future

Family

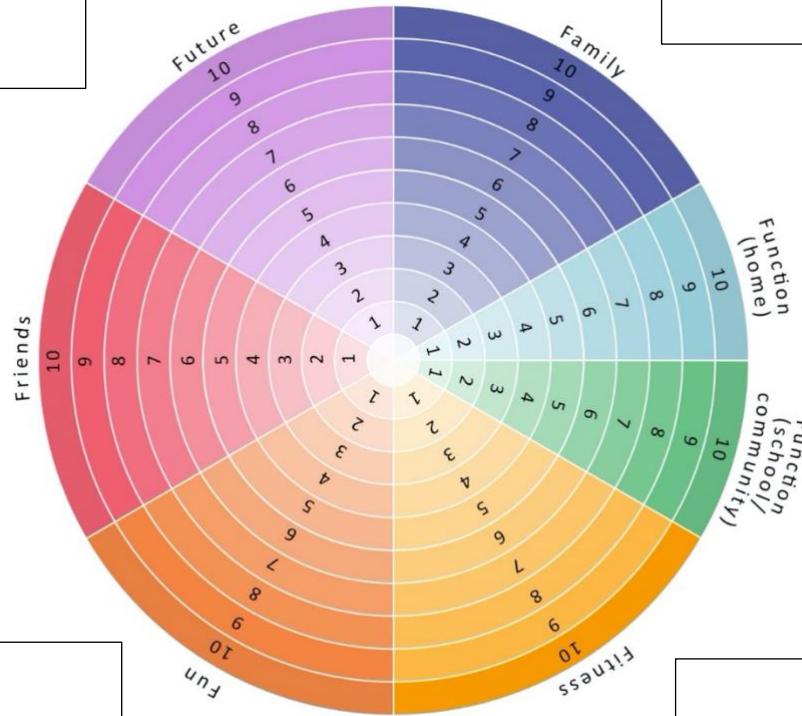
Friends

Function home

Function School/ Community

Fun

Fitness



Definition of F- words:

F- word	Examples for consideration in each specific area:
<p>Function: refers to what people do. How things are done is not what is important. Synonyms include 'role', 'job', 'task', etc. (for children, 'play' is their 'work'). Within the F-Words Wheel, function has been divided into (i) home and (ii) school/community to allow children and families to think about different roles and tasks in different settings.</p>	<p>Think about 24-hour period and the things that they child needs or wants to do at home. Self-care, eating meals with family, sleeping, doing chores, playing, getting ready in the morning.</p>
<p>Function school/ Kindergarten think about the child's roles at school or Kindergarten and the tasks they need to do there: Play, learn, self-manage, participate and contribute. Community: This is specific to the child and family's community, culture and environment.</p>	<p>School/ Kindergarten: Getting to school or kindergarten, access, participating in class, going to the toilet, eating lunch, relating to others, communication, listening and contributing in class, academics, writing, play. Community: church, local community, scouts, after school activities, Cultural groups. (In NZ consider Marae)</p>
<p>Family: represents the essential 'environment' of all children.</p>	<p>Family unit and extended family (In NZ consider whakapapa-based whānau and kaupapa-based whanau). Whāngai (foster children), carers, nannies, grandparents, siblings, cousins or important people in the child's life.</p>
<p>Fitness: refers to how children stay physically active, including exercise and other recreational opportunities.</p>	<p>Health and fitness, exercise, fresh air, biking, walking, swimming, sports, team games, jumping on trampoline.</p>
<p>Fun: includes particular activities children in which children are involved or enjoy participating in.</p>	<p>Things that make your child laugh, smile or have fun: at home, afterschool, at weekends, with friends, family, extended family, clubs. Their interests, passions or favourite things.</p>
<p>Friends: refers to the friendships established with peers; social development is an essential aspect of personhood.</p>	<p>Friends at school/ Kindergarten, family friends, bullying, local friends, friend through activities. Interest in friendships, availability of friends.</p>
<p>Future: is what child development is all about; it refers to parents and children's expectations and dreams for their future.</p>	<p>Future into adult life or near future: Hope and dreams, Independence, future school/ classes.</p>