

Employee Name:

Supervisor Name:

Date:

Position:

## Competency Self-Assessment: Assisting and Caring for Others

**Instructions:** Below are behavioral anchors related to Assisting and Caring for Others. Please rate yourself on how you demonstrate the expected behavior for each of the statements. With your supervisor, compare, discuss, and determine your strengths and your opportunities for improvement. It is recommended that the supervisor and staff provide examples to support ratings.

**Rating Scale Definitions:**

0 – Not applicable; I have not had the opportunity to demonstrate this behavior

1 – I never do this; I need improvement in this behavior

2 – I do this regularly; I meet expectations regarding this behavior

3 – I always do this; I exceed expectations regarding this behavior

Behaviors	Rating			
<i>Do you...</i>	0	1	2	3
A. Assist and care for others who need personal assistance, medical attention, emotional support, or other personal care when asked for help?				
B. Maintain attention and concentration when assisting or caring for others under routine conditions?				
C. Report problems or concerns to appropriate staff or according to procedures?				
D. Maintain accurate and timely records regarding the assistance and care of others when appropriate and according to agency policies and procedures?				
E. Engage in training and continuing education to maintain knowledge of assisting and caring for others?				

*For ideas and resources to help you improve your skills in this competency, please consult the [DAS Competency Development Guide](#).*