

PRACTITIONER RESOURCE #8: CHARTING PARTICIPANT PROGRESS

Stages of Sustainability Tracking Sheet

Participant Name/#	Destabilized / Stabilizing <ul style="list-style-type: none"> • Depleting assets • Cycle of crisis • Focus on coping • Meeting basic needs 	Engaging <ul style="list-style-type: none"> • Ready to connect to community and the economy 	Foundation Building <ul style="list-style-type: none"> • Base of stability • Building employability • Still requires support 	Transition <ul style="list-style-type: none"> • Making progress • Changing life patterns 	Consolidation <ul style="list-style-type: none"> • Economic Solutions • Decreased vulnerability 	Sustainable Livelihood <ul style="list-style-type: none"> • Livelihood Security • Resilience and ability to reduce vulnerability
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Stages of Sustainability – Asset Areas

	Destabilized / Stabilizing <ul style="list-style-type: none"> • Depleting assets • Cycle of crisis • Focus on coping • Meeting basic needs 	Engaging <ul style="list-style-type: none"> • Ready to connect to community and the economy 	Foundation Building <ul style="list-style-type: none"> • Base of stability • Building employability • Still requires support 	Transition <ul style="list-style-type: none"> • Making progress • Changing life patterns 	Consolidation <ul style="list-style-type: none"> • Economic Solutions • Decreased vulnerability 	Sustainable Livelihood <ul style="list-style-type: none"> • Livelihood Security • Resilience and ability to reduce vulnerability
	<i>Coping Strategies</i>			<i>Adaptive Strategies</i>		
Social Assets	<ul style="list-style-type: none"> • Isolated • Marginalized • Unaware of political rights/entitlements 	<ul style="list-style-type: none"> • Desire to decrease isolation • Rebuilding personal relationships • Commitment to enter CED program • Improved access to social services 	<ul style="list-style-type: none"> • Aware of how to increase connections • Takes initial steps to reach out to new people/supports • Enters and continues with CED program 	<ul style="list-style-type: none"> • Has access to a peer support group • More proactive in building contacts • Increased awareness of rights and entitlements • Finding support to navigate complex bureaucracies • Able to draw on family for support • Decreased need for social services • Establishes mentor relationships 	<ul style="list-style-type: none"> • More strategic in building contacts and networks to support employment/ business development objectives • Learning how to demand rights and entitlements • Able to negotiate complex bureaucracies • Increased use of business services 	<ul style="list-style-type: none"> • Supports and networks in place to build long-term security • Strong family/ friendship support • Acting to assert rights/participating in the community
Physical Assets	<ul style="list-style-type: none"> • Homeless or at risk of homelessness • Lack of personal safety/security • Focusing on meeting basic needs 	<ul style="list-style-type: none"> • Stabilized housing • Still working to secure basic needs • Still focusing on personal security • May be continuing to use food banks • Aware of need to find childcare • Beginning to find transportation solutions 	<ul style="list-style-type: none"> • Continued housing stability • Basic needs being met • Emphasis on healing and self-care • Feeling safe • Improved access to information • Able to meet participation requirements of children/ accessing childcare • Improved access to transportation • Increased recreation and additional "luxuries" like improved food/beauty products 	<ul style="list-style-type: none"> • Able to improve quality of housing • Access to Internet and computers • Shifts from basic needs to emphasis on building assets • Able to purchase required clothing and supplies • Access to tools of the trade • Securing business information and supports 	<ul style="list-style-type: none"> • Considering purchasing or finding long term improved housing • Ownership of/or steady access to computer 	<ul style="list-style-type: none"> • Purchase of housing • Improved access to luxuries and travel • Adequate space and equipment for business

	Destabilized / Stabilizing	Engaging	Foundation Building	Transition	Consolidation	Sustainable Livelihood
Human Assets	<ul style="list-style-type: none"> • Unemployed • Fear of workforce engagement • Weak literacy/education levels 	<ul style="list-style-type: none"> • Awareness of need for increased skills and employability • Building literacy 	<ul style="list-style-type: none"> • Solid assessment of own assets/skills • Solid short-term goals • Gains experience and skills • Volunteering for experience • Building financial literacy 	<ul style="list-style-type: none"> • Improving health and fitness • Becomes self-directed • Longer-term thinking in goals • Clearly focused on building skills and knowledge • Develops entrepreneurial skills • Goes back to school 	<ul style="list-style-type: none"> • Investing in own professional development • Hiring and managing staff 	<ul style="list-style-type: none"> • Meets goals for engaging in the economy • Happy with skill and education levels • Maintains lifelong learning
Personal Assets	<ul style="list-style-type: none"> • Low self-esteem • Loss of identity 	<ul style="list-style-type: none"> • Thinking about making a change in her life. • Realizes that responsibility for economic independence lies with herself. • Increased motivation 	<ul style="list-style-type: none"> • Awareness that change is possible. • Increasing self-esteem and self-confidence • Building resilience • Strengthening personal identity • Beginning to take responsibility for decisionmaking • Struggling with balance of personal and work commitments 	<ul style="list-style-type: none"> • Increased resilience – able to recover quickly from setbacks • Acknowledges monetary worth of own time • Building separate identity as employee or business owner • Feeling more control over life • Developing strategies to cope with work/personal balance 	<ul style="list-style-type: none"> • Identity as self-employed business owner or employee • Growing independence • Family respect develops • Beginning to play a leadership role • Pro-active decisionmaking • Has sorted out separation of work and personal responsibilities – able to focus on economic side 	<ul style="list-style-type: none"> • Well established sense of identity • Feels independent • Giving back to the community and program as leader/mentor
Financial Assets	<ul style="list-style-type: none"> • Insufficient and insecure income • Debt • Lack of financial literacy 	<ul style="list-style-type: none"> • Aware of need to deal with financial issues • Learning basics of managing personal financing • Accessing banking 	<ul style="list-style-type: none"> • Working to overcome fear of finances • Solid plan to stabilize personal finances • Patching income in order to make ends meet and maintain family commitments • Focusing on debt consolidation and payment • Seeks access to credit 	<ul style="list-style-type: none"> • Beginning to focus on best income source • Reducing dependence on public assistance • Beginning to save • Enters into productive business debt • Solid base of financial literacy • Increasing control and access to family money and financial decision-making. 	<ul style="list-style-type: none"> • Strong financial management knowledge • Growing the business • Personal debts paid • Paying self regularly from the business/or secure ongoing employment • Beginning to contribute to RRSP • Active plans for the development of financial assets • More sophisticated management of personal finances • Building equity in the business • Improved credit rating 	<ul style="list-style-type: none"> • Full-time paid employment either in a job and/or own business • Reliable, solid income level above poverty line • Has solid foundation of social protection in place (insurance, savings, retirement savings) • Investing in assets and building wealth – eg mortgage