

## **8 Pillars of Wellness – Quick Screening Guide**

For Neurologic Physical Therapists | ANPT Health Promotion & Wellness Committee

*Use this during evaluation, check-ins, or progress notes to guide holistic care.*

*Ask the prompt. If concerns arise, consider the referral suggestions.*

### **1. Emotional**

Ask: "How are you coping emotionally?"

- Appropriate emotional expression
- Coping strategies present

*Connect them to: Psychologist, LCSW, Primary Care*

### **2. Environmental**

Ask: "Does your home support your safety and independence?"

- Safe, accessible environment
- Reliable transportation

*Connect them to: OT, Social Worker, Home Health*

### **3. Financial**

Ask: "Are finances affecting your care or access to services?"

- Affords therapy, meds, equipment
- Reports financial stress

*Connect them to: Social Worker, Financial Counselor*

### **4. Intellectual**

Ask: "Are you doing anything to stay mentally active?"

- Engages in hobbies or learning
- No cognitive red flags

*Connect them to: SLP, Neuropsych, OT*

### **5. Occupational**

Ask: "Are you involved in any meaningful daily activities?"

- Work, volunteer, caregiving roles
- Has purposeful goals

*Connect them to: OT, Vocational Rehab*

### **6. Physical**

Ask: "How would you rate your physical health?"

- Active lifestyle
- Manages sleep, nutrition, fatigue

*Connect them to: PCP, RD, Pain Mgmt, Exercise Program*

## 7. Social

Ask: "Do you feel connected to others?"

- Has support system
- Engages in social activities

Connect them to: Support Groups, Social Worker

## 8. Spiritual

Ask: "Do you have beliefs or practices that give your life meaning?"

- Has sense of purpose
- Engages in spiritual practices (if desired)

Connect them to: Chaplain, Counselor

## What to Do With Findings

- Check any concerns in notes
- Refer appropriately
- Incorporate into goals and care planning
- Re-screen periodically