

## Family Empowerment Scale



We are pleased that you would like to use the Spanish language version of the **Family Empowerment Scale (FES)** in your research. This translation was updated in 2019 with translation services made possible through the National Training and Technical Assistance Center for Child, Youth, and Family Mental Health (NTTAC).

Citation: Koren P., DeChillo, N., & Friesen, B. (1993). Family Empowerment Scale (FES). Portland, OR: Research and Training Center on Family Support and Children's Mental Health, Portland State University.

The following are included in this PDF:

- 1) The FES instrument in English and Spanish
- 2) The FES scoring guide
- 3) A list of published studies that have used the scale

Please cite properly, whether the citation be in printed form or on a website. We would be very interested to hear about your experiences and findings, and to receive a copy of any publication referencing the scale.

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## **ESCALA DE EMPODERAMIENTO FAMILIAR**

Estas preguntas lo interrogan acerca de diversas áreas de su vida —su familia, los servicios que su hijo recibe y su comunidad—. Las preguntas incluyen muchas actividades diferentes que los padres pueden hacer o no. Para las preguntas que no se aplican a usted, marque la columna “No aplicable.” Asimismo, sabemos que puede haber otras personas involucradas en el cuidado y la toma de decisiones en relación con su hijo, pero responda las preguntas pensando en su propia situación. Puede escribir cualquier comentario adicional al final.

| <b>ACERCA DE SU FAMILIA...</b>                                                                                | NO<br>APLICABLE | RARA VEZ | A<br>VECES | A<br>MENUDO | MUY<br>SEGUIDO |
|---------------------------------------------------------------------------------------------------------------|-----------------|----------|------------|-------------|----------------|
| 1. Cuando surgen problemas con mi hijo, los resuelvo bastante bien.                                           | 1               | 2        | 3          | 4           | 5              |
| 2. Confío en mi capacidad de ayudar a mi hijo a crecer y desarrollarse.                                       | 1               | 2        | 3          | 4           | 5              |
| 3. Sé qué hacer cuando surgen problemas con mi hijo.                                                          | 1               | 2        | 3          | 4           | 5              |
| 4. Siento que mi vida familiar está bajo control.                                                             | 1               | 2        | 3          | 4           | 5              |
| 5. Soy capaz de conseguir información que me ayude entender mejor a mi hijo.                                  | 1               | 2        | 3          | 4           | 5              |
| 6. Creo que puedo resolver los problemas de mi hijo cuando surgen.                                            | 1               | 2        | 3          | 4           | 5              |
| 7. Cuando necesito ayuda con los problemas en mi familia, soy capaz de pedírsela a los demás.                 | 1               | 2        | 3          | 4           | 5              |
| 8. Me esfuerzo por aprender nuevas formas de ayudar a mi hijo a crecer y desarrollarse.                       | 1               | 2        | 3          | 4           | 5              |
| 9. Al ocuparme de mi hijo, me centro tanto en las cosas buenas como en los problemas.                         | 1               | 2        | 3          | 4           | 5              |
| 10. Cuando me enfrento con un problema que involucra a mi hijo, decido qué hacer y lo hago.                   | 1               | 2        | 3          | 4           | 5              |
| 11. Entiendo bien el trastorno que padece mi hijo.                                                            | 1               | 2        | 3          | 4           | 5              |
| 12. Siento que soy un buen padre.                                                                             | 1               | 2        | 3          | 4           | 5              |
| <b>ACERCA DE LOS SERVICIOS QUE RECIBE SU HIJO...</b>                                                          | NO<br>APLICABLE | RARA VEZ | A<br>VECES | A<br>MENUDO | MUY<br>SEGUIDO |
| 13. Creo que tengo el derecho de aprobar todos los servicios que mi hijo recibe.                              | 1               | 2        | 3          | 4           | 5              |
| 14. Sé qué medidas tomar cuando creo que mi hijo está recibiendo malos servicios.                             | 1               | 2        | 3          | 4           | 5              |
| 15. Me aseguro de que los profesionales entiendan mis opiniones acerca de los servicios que mi hijo necesita. | 1               | 2        | 3          | 4           | 5              |
| 16. Soy capaz de tomar buenas decisiones acerca de qué servicios necesita mi hijo.                            | 1               | 2        | 3          | 4           | 5              |
| 17. Soy capaz de trabajar con agencias y profesionales para decidir qué servicios necesita mi hijo.           | 1               | 2        | 3          | 4           | 5              |

|                                                                                                                                          |              |          |         |          |             |
|------------------------------------------------------------------------------------------------------------------------------------------|--------------|----------|---------|----------|-------------|
| 18. Me aseguro de mantener contacto regular con los profesionales que prestan servicios a mi hijo.                                       | 1            | 2        | 3       | 4        | 5           |
| 19. Mi opinión es tan importante como la de los profesionales a la hora de decidir qué servicios necesita mi hijo.                       | 1            | 2        | 3       | 4        | 5           |
| 20. Les comento a los profesionales lo que pienso acerca de los servicios que recibe mi hijo.                                            | 1            | 2        | 3       | 4        | 5           |
| 21. Sé qué servicios necesita mi hijo.                                                                                                   | 1            | 2        | 3       | 4        | 5           |
| 22. Cuando es necesario, tomo la iniciativa de buscar servicios para mi hijo y la familia.                                               | 1            | 2        | 3       | 4        | 5           |
| 23. Entiendo bien el sistema de servicios en el que está involucrado mi hijo.                                                            | 1            | 2        | 3       | 4        | 5           |
| 24. Los profesionales deben preguntarme qué servicios quiero para mi hijo.                                                               | 1            | 2        | 3       | 4        | 5           |
| <b>ACERCA DE SU PARTICIPACIÓN EN LA COMUNIDAD...</b>                                                                                     | NO APLICABLE | RARA VEZ | A VECES | A MENUDO | MUY SEGUIDO |
| 25. Siento que puedo participar para mejorar los servicios para los niños en mi comunidad.                                               | 1            | 2        | 3       | 4        | 5           |
| 26. Me comunico con mis legisladores cuando hay asuntos o leyes importantes pendientes en relación con los niños.                        | 1            | 2        | 3       | 4        | 5           |
| 27. Entiendo cómo está organizado el sistema de servicios para niños.                                                                    | 1            | 2        | 3       | 4        | 5           |
| 28. Tengo ideas acerca del sistema de servicios ideal para niños.                                                                        | 1            | 2        | 3       | 4        | 5           |
| 29. Ayudo a otras familias a obtener los servicios que necesitan.                                                                        | 1            | 2        | 3       | 4        | 5           |
| 30. Creo que otros padres y yo influimos en los servicios para niños.                                                                    | 1            | 2        | 3       | 4        | 5           |
| 31. Les digo a las personas en las agencias y el gobierno cómo se pueden mejorar los servicios para los niños.                           | 1            | 2        | 3       | 4        | 5           |
| 32. Sé cómo lograr que los administradores de agencias o los legisladores me escuchen.                                                   | 1            | 2        | 3       | 4        | 5           |
| 33. Sé cuáles son los derechos de los padres y los niños según las leyes de educación especial.                                          | 1            | 2        | 3       | 4        | 5           |
| 34. Creo que mi conocimiento y mi experiencia como padre pueden ser utilizados para mejorar los servicios para los niños y las familias. | 1            | 2        | 3       | 4        | 5           |

COMENTARIOS \_\_\_\_\_

\_\_\_\_\_

## 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 “Not Applicable”. 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>                                                                   | <b>NOT<br/>APPLIC-<br/>ABLE</b> | <b>NEVER</b> | <b>SELDOM</b> | <b>SOME-<br/>TIMES</b> | <b>OFTEN</b> | <b>VERY<br/>OFTEN</b> |
|-----------------------------------------------------------------------------------------------|---------------------------------|--------------|---------------|------------------------|--------------|-----------------------|
| 1. When problems arise with my child, I handle them pretty well.                              | 0                               | 1            | 2             | 3                      | 4            | 5                     |
| 2. I feel confident in my ability to help my child grow and develop.                          | 0                               | 1            | 2             | 3                      | 4            | 5                     |
| 3. I know what to do when problems arise with my child.                                       | 0                               | 1            | 2             | 3                      | 4            | 5                     |
| 4. I feel my family life is under control.                                                    | 0                               | 1            | 2             | 3                      | 4            | 5                     |
| 5. I am able to get information to help me better understand my child.                        | 0                               | 1            | 2             | 3                      | 4            | 5                     |
| 6. I believe I can solve problems with my child when they happen.                             | 0                               | 1            | 2             | 3                      | 4            | 5                     |
| 7. When I need help with problems in my family, I am able to ask for help from others.        | 0                               | 1            | 2             | 3                      | 4            | 5                     |
| 8. I make efforts to learn new ways to help my child grow and develop.                        | 0                               | 1            | 2             | 3                      | 4            | 5                     |
| 9. When dealing with my child, I focus on the good things as well as the problems.            | 0                               | 1            | 2             | 3                      | 4            | 5                     |
| 10. When faced with a problem involving my child, I decide what to do and then do it.         | 0                               | 1            | 2             | 3                      | 4            | 5                     |
| 11. I have a good understanding of my child’s disorder.                                       | 0                               | 1            | 2             | 3                      | 4            | 5                     |
| 12. I feel I am a good parent.                                                                | 0                               | 1            | 2             | 3                      | 4            | 5                     |
| <b>ABOUT YOUR CHILD’S SERVICES...</b>                                                         | <b>NOT<br/>APPLIC-<br/>ABLE</b> | <b>NEVER</b> | <b>SELDOM</b> | <b>SOME-<br/>TIMES</b> | <b>OFTEN</b> | <b>VERY<br/>OFTEN</b> |
| 13. I feel that I have a right to approve all services my child receives.                     | 0                               | 1            | 2             | 3                      | 4            | 5                     |
| 14. I know the steps to take when I am concerned my child is receiving poor services.         | 0                               | 1            | 2             | 3                      | 4            | 5                     |
| 15. I make sure that professionals understand my opinions about what services my child needs. | 0                               | 1            | 2             | 3                      | 4            | 5                     |
| 16. I am able to make good decisions about what services my child needs.                      | 0                               | 1            | 2             | 3                      | 4            | 5                     |

|                                                                                                                    |                       |              |               |                   |              |                   |
|--------------------------------------------------------------------------------------------------------------------|-----------------------|--------------|---------------|-------------------|--------------|-------------------|
| 17. I am able to work with agencies and professionals to decide what services my child needs.                      | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| 18. I make sure I stay in regular contact with professionals who are providing services to my child.               | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| 19. My opinion is just as important as professionals' opinions in deciding what services my child needs.           | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| 20. I tell professionals what I think about services being provided to my child.                                   | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| 21. I know what services my child needs.                                                                           | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| 22. When necessary, I take the initiative in looking for services for my child and family.                         | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| 23. I have a good understanding of the service system that my child is involved in.                                | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| 24. Professionals should ask me what services I want for my child.                                                 | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| <b>ABOUT YOUR INVOLVEMENT IN THE COMMUNITY...</b>                                                                  | <b>NOT APPLICABLE</b> | <b>NEVER</b> | <b>SELDOM</b> | <b>SOME-TIMES</b> | <b>OFTEN</b> | <b>VERY OFTEN</b> |
| 25. I feel I can have a part in improving services for children in my community.                                   | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| 26. I get in touch with my legislators when important bills or issues concerning children are pending.             | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| 27. I understand how the service system for children is organized.                                                 | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| 28. I have ideas about the ideal service system for children.                                                      | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| 29. I help other families get the services they need.                                                              | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| 30. I believe that other parents and I can have an influence on services for children.                             | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| 31. I tell people in agencies and government how services for children can be improved.                            | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| 32. I know how to get agency administrators or legislators to listen to me.                                        | 0                     | 1            | 2             | 3                 | 4            | 5                 |
| 33. I know what the rights of parents and children are under the special education laws.                           | 0                     | 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. | 0                     | 1            | 2             | 3                 | 4            | 5                 |

## COMMENTS

# **Family Empowerment Scale (FES)**

## **Scoring Directions**

Scores for the subscales are simple means. Calculate the mean for each subscale by adding the scores for the subscale items that have NOT been answered “Not Applicable,” and dividing by the number of questions that were answered “Never...Very Often” (1 through 5). If there are missing items (up to 3) in responses 1-5, add the scores for the subscale items, and divide by the number of answered questions.

You can add responses to all of the subscales for an overall score but be aware that each of the subscales addresses quite a different topic (Family, Service System, Community). Many published articles have employed the method of adding all items for an overall score. Examining each subscale score in relation to other variables of interest is another approach that may yield more specific information.

We suggest using only the subscales that are relevant to the information you want to gather, or that you predict might change as a result of an intervention (treatment, program, or training) that you are using. For example, if the intervention addresses only the first subscale (Family - how confident/efficacious the caregiver feels about his/her ability to meet the child’s needs or intervene effectively), then adding the scores from all subscales together is likely to dilute any change because of lack of movement in areas not addressed by the intervention (Service System or Community).

# Family Empowerment Scale (FES)

Koren, P. E., DeChillo, N. & Friesen, B. J. (1992). Measuring empowerment in families whose children have emotional disabilities: A brief questionnaire. *Rehabilitation Psychology*, 37(4), 305-321.

## SECTION I: STUDIES USING THE FES

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