



# Home Healing Environment Assessment

*As a Healing Hospital, we are dedicated to helping our patients understand the elements of healing. Your home environment is very important in the healing process and can enhance healing.*

Name: \_\_\_\_\_ Date: \_\_\_\_\_

There are eight elements that make up a healing environment. **Comfort:** *Is there comfortable seating and is the room welcoming?* **Color:** *Does the room have soft, healing colors or colors that personally inspire healing?* **Natural Light:** *Does the room have natural light with the windows open enough for a view?* **Nature:** *Does the room have anything alive and/or reminders of nature?* **Sound:** *Is the room naturally quiet and/or does it include access to music that inspires healing?* **Smell:** *Does the room smell good?* **Artwork:** *Does the room have art or crafts that personally bring joy?* **Low Clutter:** *Is the room organized, tidy and easy to navigate?*

*The home healing environment assessment tool allows you to easily create an Ideal Healing Environment by checking for and enhancing the presence of these eight elements.*

Spaces	Comfort	Color	Natural Light	Nature	Sound	Smell	Artwork	Low Clutter	Total
BEDROOM(S)									
LIVING ROOM(S)									
KITCHEN									
BATHROOM(S)									
OUTSIDE									
OTHER									
<b>TOTAL</b>									

*Take Total and Divide by the number of rooms to get your healing environment score*

SCALE: 4= Element clearly present, 3= Element present, 2= Element accessible, 1= Element not present

SCORE: 0-15 Add Healing Elements, 16-20 Easily Upgrades for Healing, 21-25 Good Environment for Healing  
26-32 Healing Environment is Ideal