

LACCS-values

Physical well-being

Good physical condition
Well cared for
Well nourished
Health problems are properly treated



Alertness

Being able to pay attention to what is happening around you
Being able to recover and recharge
Being in a steady day-night rhythm
Being safe and feeling relaxed



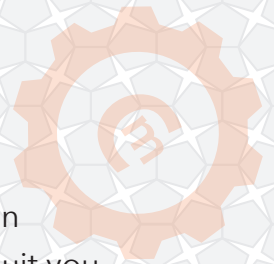
Contact

Being loved and cherished
Having a positive meaning for others
Receiving attention, feeling acknowledged and seen
Experiencing closeness, connection and emotional availability



Communication

Being heard and understood
Understanding what the people around you mean
Having influence and receiving boundaries that suit you



Stimulating activities

Having meaningful and varied activities
Being challenged and stimulated
Being involved in daily activities
Having opportunities to develop yourself



LACCS-values

translated

Physical well-being

Being fit
Cared for
Eating and drinking well
Going to the doctor and dentist



Alertness

You can focus on tasks and surroundings
You are able to unwind, chill and reset
Being awake during the day and sleeping at night
You have a safe place



Contact

People like and love you and enjoy having you around
People see who you are and think of you as important
You receive the attention you need
You experience that people are truly there for you and care about you



Communication

People understand you
You understand other people
You get to decide what is important to you. You receive boundaries that suit you



Stimulating activities

You find meaning in your activities. You get to do different things
You get to do exciting or difficult things
You take part in daily activities
You get the chance to learn new things

