

# PEEM

## THE PARENT EMPOWERMENT AND EFFICACY MEASURE



**The Parent Empowerment and Efficacy Measure (PEEM)** uses a strengths based approach to measure parent functioning. It focuses on caregivers' sense of control or capacity to engage confidently with the challenges of being a parent. The PEEM encourages respondents to identify areas where they feel empowered in their caregiving role as well as any influences within their environment that may help or hinder their power to achieve their parenting goals.

The PEEM was designed for use by family support practitioners who work with parents or carers whose children are of kindergarten and primary school age.

### The PEEM has many uses - for planning as well as review.

It can help family support professionals to focus the plans they make with parents as they work together to strengthen parents' efficacy in their role as caregiver.

It can also be used to support comprehensive evaluation within family support programs and community organisations. In particular, it can help agencies to review the effects of the resources and services they have delivered at the individual level, program group level, and even at a whole-of-service level over time.

PEEM can be delivered using a paper form, but organisations who register to use PEEM via a securely licenced Parent's Voice Dashboard can deliver PEEM using an engaging online format that also provides benefits such as automated scoring and data management.

More information about the PEEM-A Parent's Voice is available at: [www.realwell.org.au](http://www.realwell.org.au)



### The measure is short and practical.

It has twenty positively worded items that relate to personal and child wellbeing, coping skills, relationship building, and communication. Research and use in community-service settings alike have established that PEEM is a valid, reliable, and easy to use measurement tool.



### Reference

Freiberg, K., Homel, R., & Branch, S. (2014). The Parent Empowerment and Efficacy Measure (PEEM): A tool for strengthening the accountability and effectiveness of family support services. *Australian Social Work*, 67 (3), 405-418. <http://dx.doi.org/10.1080/0312407X.2014.902980>

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