accessibility	the opportunity for families or individuals to reach support networks
adequate standard of living	primary needs, such as food, clothing and shelter, that are required by all people
availability	the opportunity for families or individuals to obtain or use support networks
communication	the method by which people share their ideas, information, opinions and feelings
cultural factors	factors relating to customs, beliefs, values and traditions

decision-making	the process of making choices or reaching conclusions based on considering the alternatives available
economic factors	factors relating to finance
education	acquiring knowledge and skills
emotional factors	factors relating to feelings
employment	an activity to which one devotes time; exerting energy towards a goal for payment, profit or commission

formal support networks	the systems that exist outside the family group; may be provided by government or community organisations
goals	the objectives that an individual aims for in life; the targets that direct an individual's activities and energies, reflecting their values and needs
holistic	the concept that everything is interconnected
informal support networks	the social supports provided by family members, relatives, neighbours and friends
interview	a conversation or discussion between two or more people, often to collect information or opinions related to a topic of research

| needs | the necessities of life, which are required for survival and physical and mental health |