CHW STRENGTH · FREE TOOL

Am I A Community Health Worker (CHW)?

A self-assessment grounded in the 10 core roles identified by the National C3 Council.

Start with community connection

Think about the community you serve. What do people trust you to do? What have your relationships and lived experience taught you about accessing services and navigating systems?

Mark what you do in paid, volunteer or community work. Use your answers to spot roles you practice and roles you could grow into. This tool does not determine job status or certification.

1. **Cultural mediation** Do I bring community perspectives to service providers and explain how systems work to community members?
   ☐ Yes ☐ Sometimes ☐ Not yet
2. **Health education** Do I share health information in ways that fit people's language, culture and needs?
   ☐ Yes ☐ Sometimes ☐ Not yet
3. **Care coordination and navigation** Do I connect people with services they want and follow up to see if the connection worked?
   ☐ Yes ☐ Sometimes ☐ Not yet
4. **Coaching and social support** Do I listen and support people in choosing and working toward their own goals?
   ☐ Yes ☐ Sometimes ☐ Not yet
5. **Advocacy** Do I raise the needs or priorities people identify and work with them to address barriers?
   ☐ Yes ☐ Sometimes ☐ Not yet
6. **Capacity building** Do I support people or community groups in building skills, leadership or local solutions?
   ☐ Yes ☐ Sometimes ☐ Not yet
7. **Direct service** Do I provide practical support within my role, such as assisting with an application or arranging a ride?

☐ Yes ☐ Sometimes ☐ Not yet

8 **Assessment** Do I gather what people say about individual or community needs, strengths or resources?

☐ Yes ☐ Sometimes ☐ Not yet

9 **Outreach** Do I reach people where they are and build relationships with those who may be missed by services?

☐ Yes ☐ Sometimes ☐ Not yet

10 **Evaluation and research** Do I take part in gathering feedback or reviewing what works with community members?

☐ Yes ☐ Sometimes ☐ Not yet

Role labels and questions adapted from the National C3 Council Roles & Competencies.

Now What?

Look for patterns in your answers and choose what fits your work, interests and goals today.

Find the next step that fits you

I already do several of these activities. If your examples show ongoing, trusted work connecting a community with health or social services, compare your responsibilities with the C3 roles. Name one example of trust in action and one skill to strengthen. Roles vary by setting.

I want to become a Community Health Worker. If you marked “Sometimes” or “Not yet” often and want to serve in the role, talk to a practicing Community Health Worker about their day. Identify one skill to practice and ask a local employer or credentialing organization what it expects.

I may be a Community Health Worker ally. If most examples come from supporting Community Health Workers in another role, use your influence to bring them into planning early, credit and value their lived expertise and advocate for resources and paid participation. Ask what support they want.

Stay connected with CHW Strength

Start wherever you find value. Choose any of these options.

Watch a free training. Try a recorded miniSTRENGTH training to sample how we teach. Visit the Training Hub

Explore your readiness. Use the CHW Readiness Toolkit to reflect on your fit and what you want to learn. Ask about the Toolkit

Get grounded in the role. Explore the on-demand CHW Foundations Experience for an introduction to the work and core skills. Ask about the Foundations Experience

Build skills with a live cohort. Explore CHW 101 Core Training for guided practice and learning with peers. Explore CHW 101

Explore the Training Hub

Ask about the CHW Readiness Toolkit

Ask about the CHW Foundations Experience

Explore CHW 101