



interRAI CA (IRRS): Using the Personal Support Algorithm as a Decision-Support Tool

What is the Personal Support Algorithm?

The Personal Support (PS) Algorithm is a decision-support tool that can be used to prioritize those needing community-based services as well as the allocation of resources.

It provides a framework for allocating personal support services.

How does it work?

PS Algorithm scores range from 1 to 6. Higher scores indicate greater need for personal support care.

Regardless of the attributes used, all persons who fall into the same group have a similar need for personal support services.

What are the benefits?

Clinical

- Identifies attributes that contribute to personal support received.
- Helps with the development of care plans.

Organizational

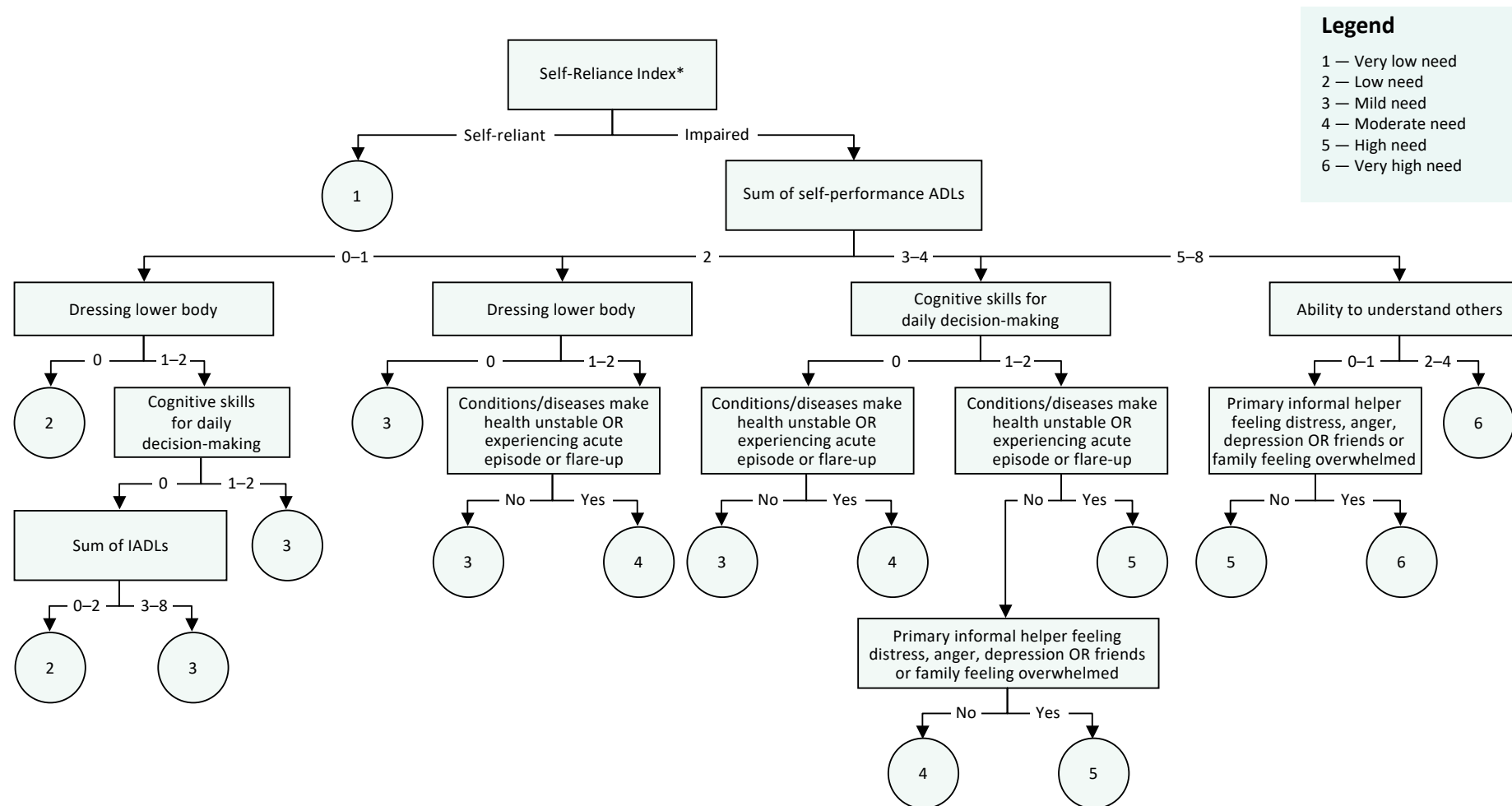
- Promotes consistent decisions among home care staff.
- Supports evidence-informed allocation of personal support resources.

What are the criteria used to calculate the PS Algorithm score?

- Cognitive Skills for Daily Decision Making (C1)
- ADL Self-Performance:
 - Bathing (C2a)
 - Bath transfer (C2b)
 - Personal hygiene (C2c)
 - Dressing lower body (C2d)
 - Locomotion (C2e)
- Conditions/diseases make cognitive, ADL, mood or behaviour patterns unstable (fluctuating, precarious, or deteriorating) (C6a)
- Experiencing an acute episode, or a flare-up of a recurrent or chronic problem (C6b)
- Ability to Understand Others (Comprehension) (D2)
- IADL Capacity:
 - Meal preparation (D3a)
 - Ordinary housework (D3b)
 - Managing medications (D3c)
 - Stairs (D3d)
- Primary informal helper expresses feelings of distress, anger or depression (D19a)
- Family or close friends report feeling overwhelmed by person's illness (D19b)
- Self-Reliance Index



Decision tree



Notes

* Person is not self-reliant if they

- Have any impairment in cognitive skills for daily decision-making and/or
- Have received supervision or any physical assistance in bathing, bath transfer, personal hygiene, dressing lower body and/or locomotion

ADLs: Activities of daily living.

IADLs: Instrumental activities of daily living.

Source

Sinn CL, et al. [Derivation and validation of the Personal Support Algorithm: An evidence-based framework to inform allocation of personal support services in home and community care.](#)

BMC Health Services Research. November 2017.



Appendix

Text alternative for image

Scores for the Personal Support (PS) Algorithm used with the interRAI Contact Assessment range from 1 to 6, where 1 = very low need, 2 = low need, 3 = mild need, 4 = moderate need, 5 = high need and 6 = very high need. The decision process to assign a PS Algorithm score is as follows: Based on the Self-Reliance Index, if the person is self-reliant, the PS Algorithm score is 1. The person is not self-reliant if they have any impairment in cognitive skills for daily decision-making and/or have received supervision or any physical assistance in bathing, bath transfer, personal hygiene, dressing lower body and/or locomotion. If the person is not self-reliant and the sum of the self-performance activities of daily living (ADLs) is 0 or 1 and dressing lower body is 0, the PS Algorithm score is 2. If dressing lower body is 1 or 2 and cognitive skills for daily decision-making is 1 or 2, the PS Algorithm score is 3. If cognitive skills for daily decision-making is 0 and the sum of instrumental activities of daily living (IADLs) is 0, 1 or 2, the PS Algorithm score is 2. If the sum of IADLs is 3, 4, 5, 6, 7 or 8, the PS Algorithm score is 3.

If the person is not self-reliant and the sum of the self-performance ADLs is 2 and dressing lower body is 0, the PS Algorithm score is 3. If dressing lower body is 1 or 2 and the person does not have conditions/diseases that make their health unstable nor are they experiencing an acute episode or flare-up, the PS Algorithm score is 3. If the person has conditions/diseases that make their health unstable or they are experiencing an acute episode or flare-up, the PS Algorithm score is 4.

If the person is not self-reliant and the sum of the self-performance ADLs is 3 or 4 and cognitive skills for daily decision-making is 0 and the person is not experiencing conditions/diseases that make their health unstable nor are they experiencing an acute episode or flare-up, the PS Algorithm score is 3. If the person has conditions/diseases that make their health unstable or they are experiencing an acute episode or flare-up, the PS Algorithm score is 4.

If the person is not self-reliant and the sum of the self-performance ADLs is 3 or 4 and cognitive skills for daily decision-making is 1 or 2 and the person is not experiencing conditions/diseases that make their health unstable nor are they experiencing an acute episode or flare-up and their primary informal helper is not feeling distress, anger or depression nor are friends and family feeling overwhelmed, the PS Algorithm score is 4. If the person's primary informal helper is feeling distress, anger or depression or friends and family are feeling overwhelmed, the PS Algorithm score is 5.



Job Aid

If the person is not self-reliant and the sum of the self-performance ADLs is 3 or 4 and cognitive skills for daily decision-making is 1 or 2 and the person is experiencing conditions/diseases that make their health unstable or they are experiencing an acute episode or flare-up, the PS Algorithm score is 5.

If the person is not self-reliant and the sum of the self-performance ADLs is 5, 6, 7 or 8 and the person's ability to understand others is 0 or 1 and their primary informal helper is not feeling distress, anger or depression nor are their friends and family feeling overwhelmed, the PS Algorithm score is 5. If the person's primary informal helper is feeling distress, anger or depression or friends and family are feeling overwhelmed, the PS Algorithm score is 6.

If the person is not self-reliant and the sum of the self-performance ADLs is 5, 6, 7 or 8 and the person's ability to understand others is 2, 3 or 4, the PS Algorithm score is 6.



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