

Using the interRAI HC Caregiver Risk Evaluation (CaRE) Algorithm as a Decision-Support Tool



What is the CaRE Algorithm?

The Caregiver Risk Evaluation (CaRE) Algorithm is a decision-support tool that can be used to assess the level of risk of caregiver burden in home care.

Identifying caregivers who are most at risk and linking them with the necessary supports and services could help them to continue providing care and reduce the person's risk of being placed in long-term care.

How does it work?

The CaRE Algorithm score ranges from 1 to 4. Higher scores indicate higher risk of experiencing caregiver burden.

The level assigned is determined using a range of criteria. A caregiver may score at a risk level via numerous pathways that represent different combinations of these criteria.

What are the benefits?

Clinical

- Helps develop care plans
- Identifies families that may be in need of additional care and services
- Ensures at-risk caregivers receive support early, so they may continue to provide care
- Guides monitoring frequency and intensity of caregiver burden
- Reduces or eliminates the need for additional caregiver assessments

Organizational

- Promotes consistent decisions among home care staff
- Supports evidence-informed resource allocation

What are the criteria used to calculate the CaRE score?*

- Informal helper 1 relationship to person (P1a1)
- Informal helper 1 lives with person (P1b1)
- Primary informal helper expresses feelings of distress, anger or depression (P2b)
- Hours of informal care and active monitoring during last 3 days (P3)
- Cognitive Performance Scale
- Depression Rating Scale

Note

* Cannot be calculated for assessments completed in hospital settings as P3 is not collected in hospital.



CaRE decision tree

Caregiver Risk Evaluation (CaRE) Algorithm

