One of the ways DHBs help older people get the right support at the right time, is to have a health professional complete an assessment of their health and wellbeing. This assessment is known as an interRAI Home Care assessment.

The information in this infographic is from interRAI Home Care assessments for people living at home in the community.

We publish the interRAI Home Care assessment results to encourage health professionals, community groups, and family/whanau to check in with older people and see how they are doing.

**Notes:**
1,740 interRAI Home Care assessments were completed.

*This is based on a moderate to high score on the CHESS Scale (Changes in Health: end stage disease signs and symptoms).*

- 27% > Of informal carers are unable to cope in their caring activities. This may be due of their own poor health, lack of desire to continue caring or due to other commitments.
- 52% > Reported a major life stress in the previous 90 days such as severe personal illness, bereavement, or loss of driver’s licence.
- 18% > Have both hearing and visual loss to a degree that impairs their ability to communicate with others, and look after themselves.
- 78% > Have not had a dental exam in the last year, including those with dentures.
- 21% > Have cognitive difficulties with every day decisions such as when to get up, remembering to take their medicines, what clothes to wear, or using a walking frame when leaving the house
- 41% > Have no Enduring Power of Attorney (EPOA).
- 95% > Have no documented Advance Care Plan (ACP).