

interRAI Comprehensive Clinical Assessment and Life Curve

Main messages interRAI Assessment and Life Curve

interRAI Assessment and Life Curve are compatible with each other.

- interRAI assessment is a comprehensive view of a person's overall functioning that includes Activities of Daily Living (ADLs) and Instrumental ADLs (IADLs).
- Life Curve is a focused view of a person's ADL and IADL performance.
- An interRAI assessment may identify that ADLs or IADLs would benefit from intervention.
- Life Curve may identify the specific ADL or IADL to begin intervention.
- An interRAI Home Care assessment may prompt the use of Life Curve and Life Curve may prompt a referral for an interRAI Home Care assessment.

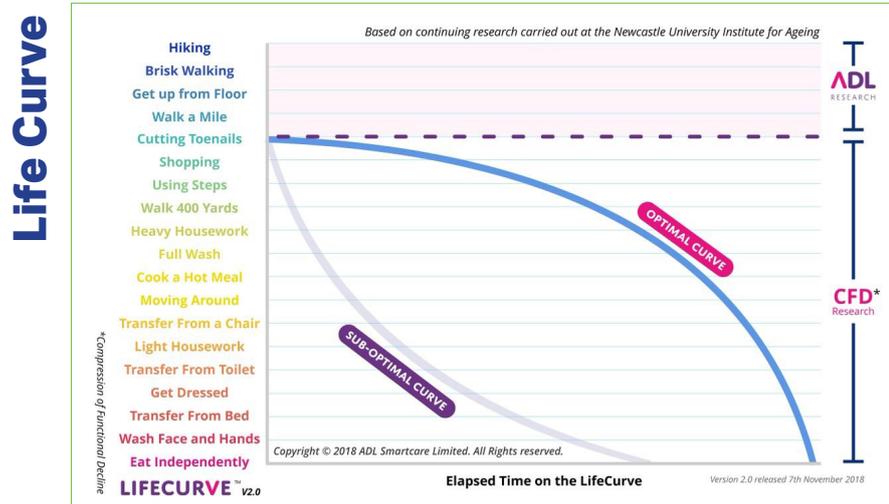
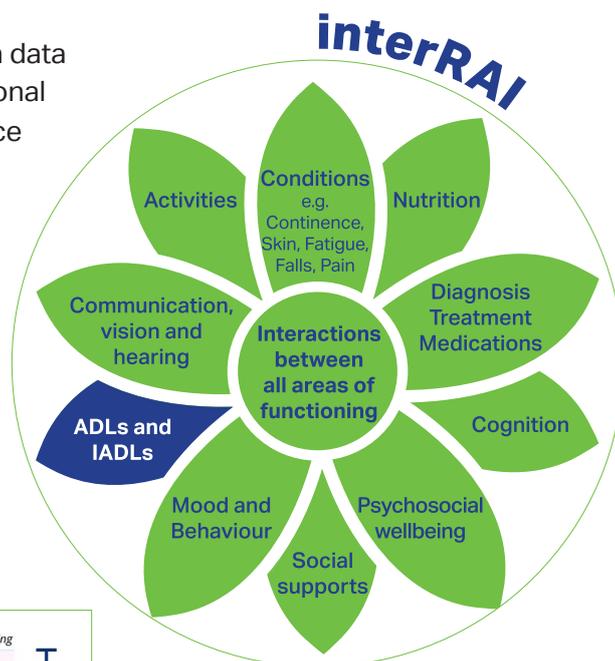
interRAI Comprehensive Clinical Assessment is a software-supported assessment that is based on a structured conversation between the person and their assessor. It is person-centred and focuses on the person's functioning and quality of life by assessing needs, strengths and preferences. Information from the assessment automatically generates outcome measures that identify opportunities for intervention to improve, maintain or prevent decline in function. The information supports assessors to plan care and services to help a person to remain in their home.

The system automatically inputs assessment information into a data warehouse that produces aggregated information at local, national or international levels for reporting, quality improvement, service planning and research.

Life Curve is primarily a person-centred **intervention system**.

At its basis is a list of 15 ADL or IADL markers of age-related decline arranged in a hierarchy¹ and the focus is to (self) identify where a person is on the list (curve) and intervene at the right level, at the right time. This broadens the curve and delays decline.

Using life curve promotes the person's understanding of their ADL/IADLs performance. It promotes interventions between health and social services.



Life Curve reviews ADLs and some IADLs in order to identify where a person is on their 'life curve' to intervene and to delay their decline.

The blue line depicts a normal (desired) life curve, whereas the grey line is a reduced life curve in terms of time and quality of life.

Similarities and Differences

	interRAI	Life Curve
Focus	Impairment, activities, participation.	Activities.
Approach	Trained assessor. Self report options.	Client can assess self or can be used as a quick reference or screen in primary care.
Providers	Primarily health professionals.	Primarily health professionals.
Care planning	Decision support for assessors to prioritise care or referrals including information about how one area of functioning impacts on another e.g. through Clinical Assessment Protocols (CAPs) triggering and Outcome scales. Assessment versions across the continuum of care.	Supports self management for the older population (get more active). In Primary Care, supports referrals to community and locally based services. Provides guidance to Allied Health interventions based on Life Curve marker. Supports referrals to community services.
Software	Complex system, national software inputs into national data warehouse. One screener (Emergency Dept) available on free app.	Free app available to the public (once available in New Zealand). Additional software can be purchased to enable partnership with local organisations.
License	Royalty-free to governments.	Dependent on what product is purchased.
Data	Automatically aggregated.	Automatically aggregated if INSIGHT product is purchased.
Reports	Automatically generated.	Reports automatically generated dependent on the purchase of the software.
Culturally reviewed	Yes.	Currently under review through AWESSOM research project.

Definitions

Activities of Daily Living (ADLS)

Refer to self cares that the person does for themselves such as: eating, dressing, bathing, toileting, personal hygiene, for example, combing hair, brushing teeth, cutting toe nails, shaving, applying makeup and similar.

Instrumental Activities of Daily Living (IADLs)

Refer to activities associated with independent living for example shopping, housework, meal preparation, managing medications, phone use, managing finances and similar.

References

- www.interrai.co.nz
- www.adlsmartcare.com/Home/LifeCurve

¹ There is an algorithm behind the questions whereby an individual will answer if they are able or not able to undertake a task. If they are not able the person is prompted to say for how long they have been unable to undertake the task unaided. The algorithm then places the person on the lifecurve.