



# **The Power of interRAI Data: How well are Older People Really?**

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# What is interRAI

International  
**Resident**  
**Assessment**  
Instrument

Best practice  
approach to  
assessing people's  
needs

Comprehensive  
clinical assessment  
tools

Standardised and  
designed for  
specific groups

Common language,  
common measures,  
common concepts

[www.interRAI.co.nz](http://www.interRAI.co.nz)

# interRAI in New Zealand

▶ *Health of Older People Strategy*

▶ *Best Practice Guidelines  
Assessment Processes for  
Older People*

▶ *Pilot in 5  
DHBs*

▶ *interRAI Home Care instrument*

▶ *interRAI Long Term Care Facilities (LTCF)  
instrument*

▶ *Mandatory for all aged  
residential care providers  
from 2015*

▶ *Independent  
review*



2002 | 2003 | 2004-2007 | 2007 | 2011 | 2012 | 2015 | 2017

# How it works



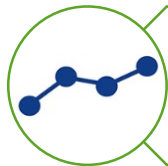
Same assessment across New Zealand



Assessments follow the person



10% of over 65s in New Zealand



Information publically available



Evidence based decisions

# Collect once – use many times



# What does the assessment look like



The assessor takes the person and their carer through the questions as a conversation



The software processes the information to create



**Outcomes** a picture of the individual persons needs.



**CAPs** where services could improve function, slow rate of decline or help symptoms.

# What does interRAI tell us about the wellbeing of older people

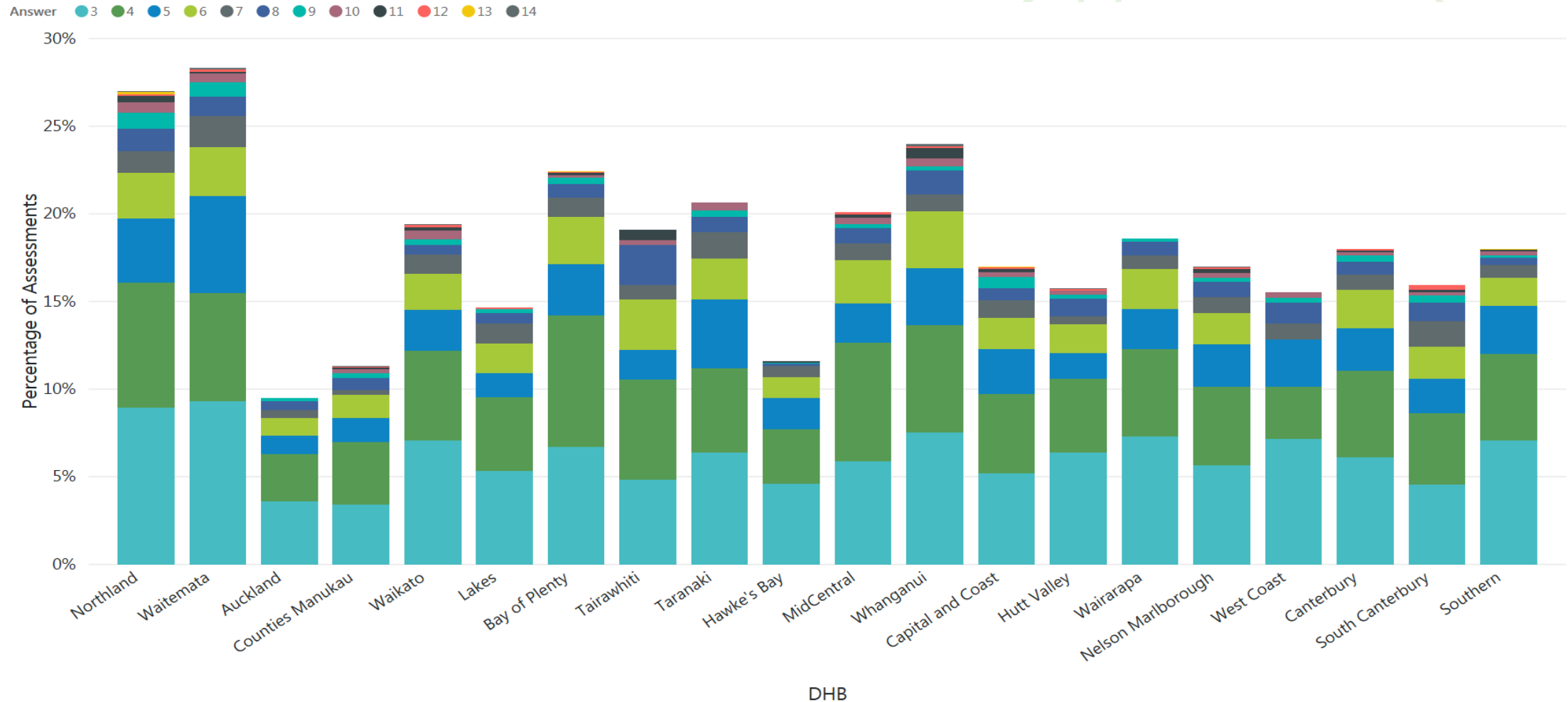
# Depression Rating Scale

- Used as a clinical screen for depression
- Range from 0 to 14
- Higher score = worse symptoms
- Scores 3 or more suggest symptoms of the person suffering from some degree of depressive disorder





# Depression Rating Scale by DHB

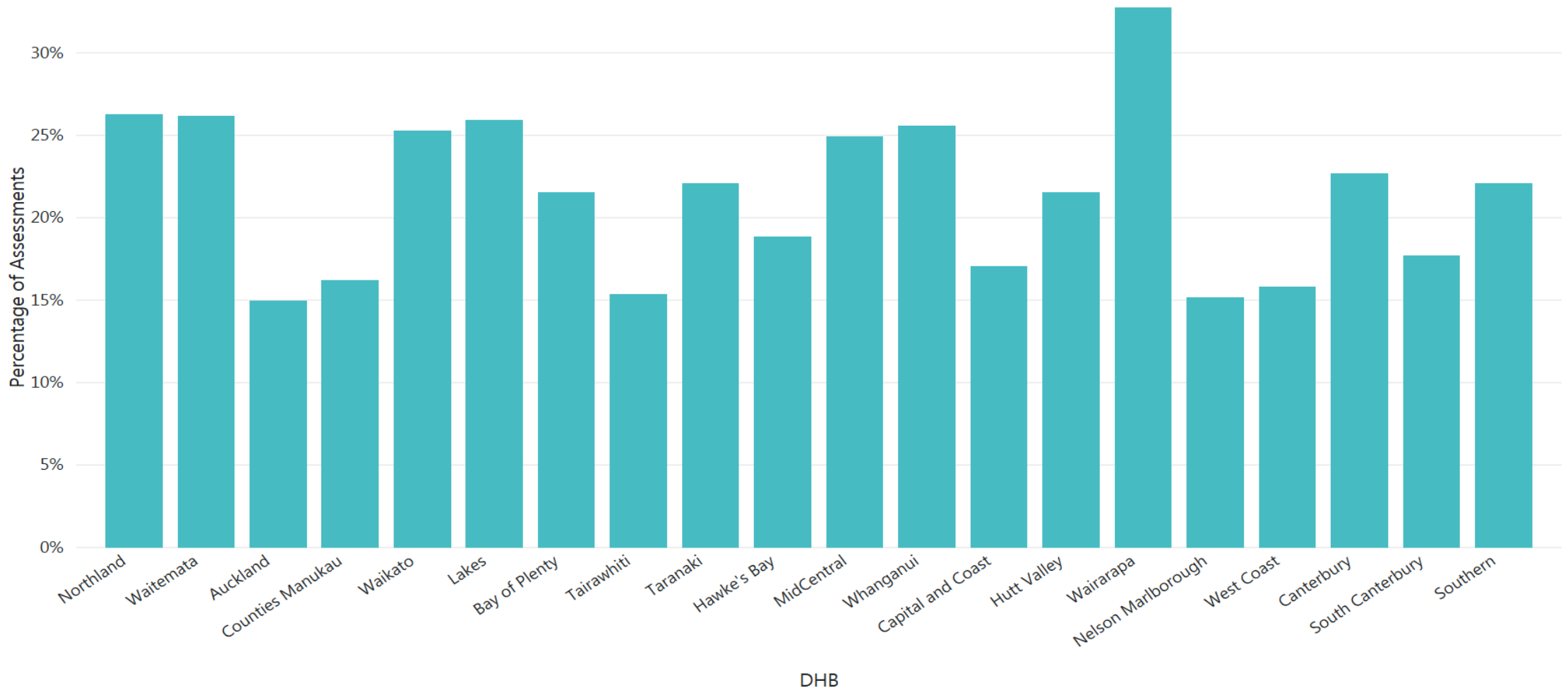


# Social relationship CAP

- Decreases in a person's social relationships may **affect** psychological wellbeing
- **Impact** on mood, behaviour, and physical activity
- Identifies **factors associated with** reduced social relationships
- Addresses **interventions** to facilitate social engagement
- Only triggered at **level 1** to facilitate improvement

# Triggered Social relationship CAP by DHB

Triggered at level ● Triggered (L1)



# Abusive relationship CAP

- Identifies potential abuse/neglect situations
- Triggered medium risk = one or more 'abuse indicators'
- Triggered high risk = one or more 'abuse indicators' + two or more 'stressors'

## Indicators of abuse

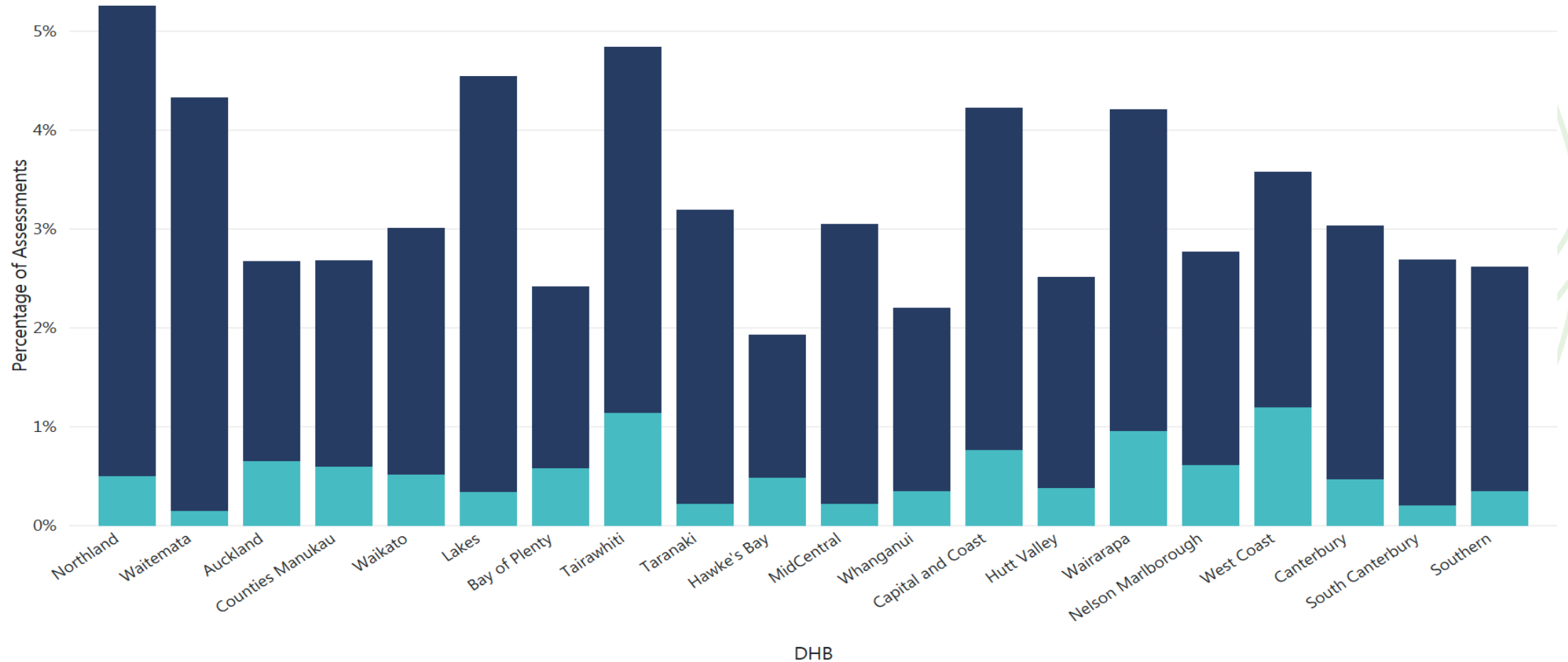
- fearful of family member, caregiver, close acquaintance
- unusually poor hygiene, unkempt appearance
- neglected, abused and mistreated

## 'Stressors'

- Depression
- Poor nutrition
- Anger or conflict
- Health issues
- Unmet needs in the current care setting
- Carer stress
- Social isolation

# Triggered Abusive relationship CAP by DHB

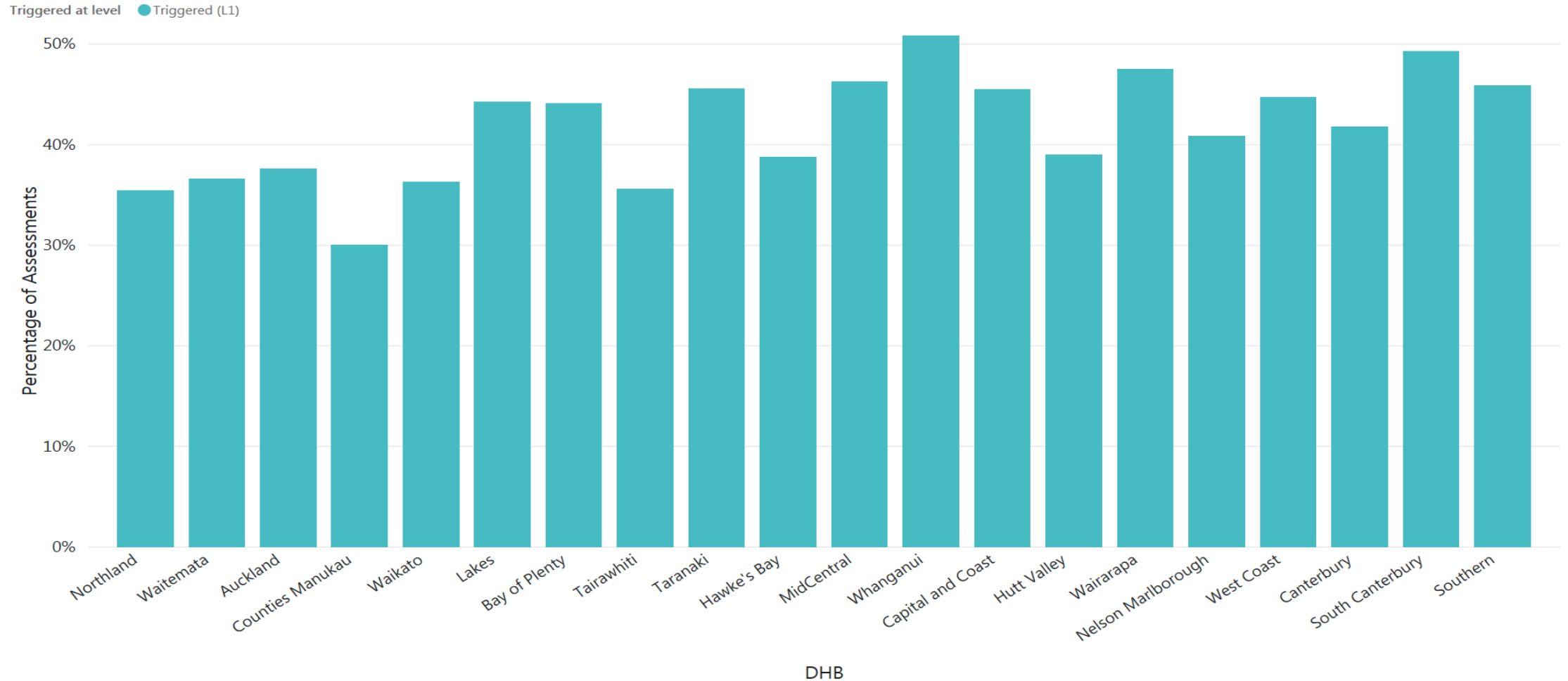
Triggered at level ● Moderate risk (L1) ● High risk (L2)



# Informal Support CAP

- Identifies people whose **informal support system** may be **at higher risk** of not fully responding to their unfolding needs
- CAP triggered when the person is:
  - not independent with meals/housework/shopping/transport
  - alone for long periods or lives alone and
  - no primary informal helper present.

# Triggered Informal Support CAP by DHB



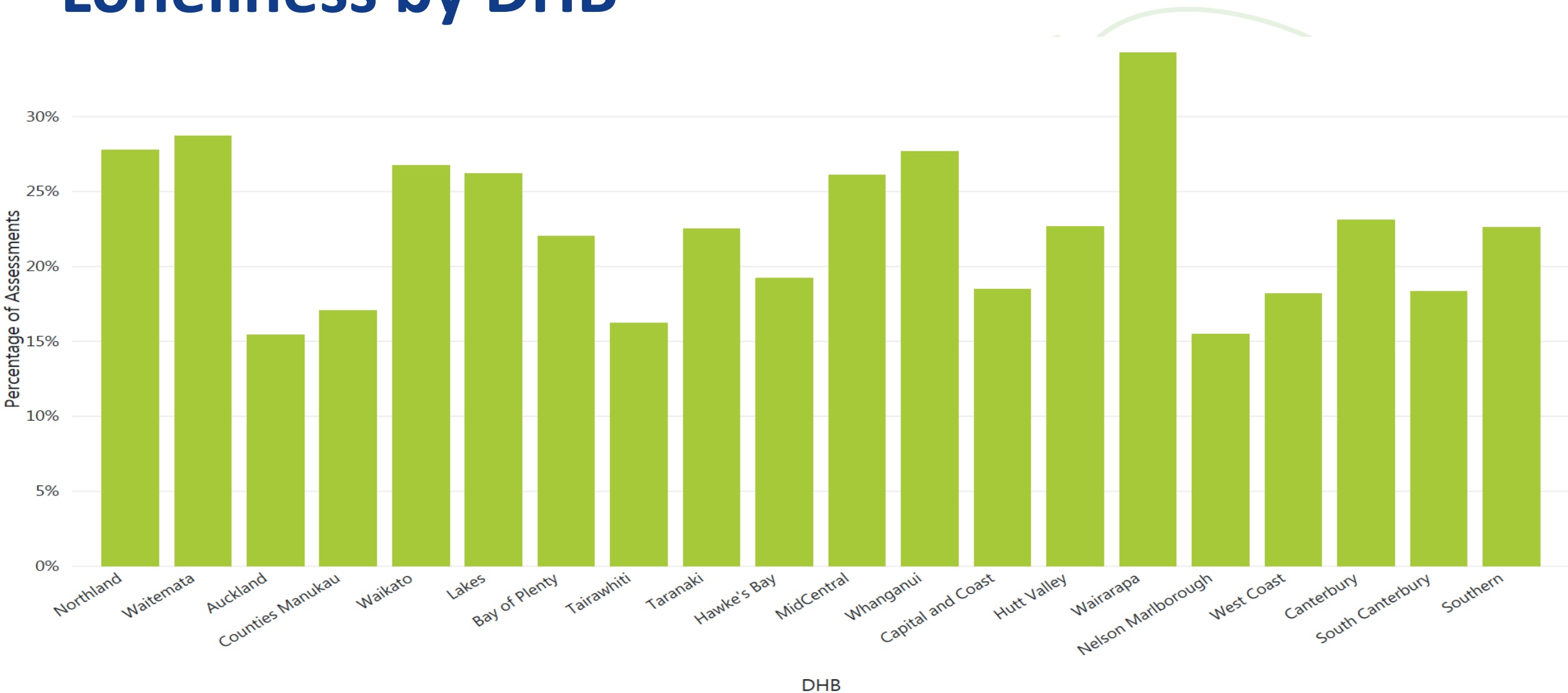
# Loneliness

- Identifies people who report feeling lonely
- Loneliness is a major predictor of entering Aged Residential Care (ARC)

People over 65 years old who report feeling lonely are **31% more likely** to enter aged residential care  
(Jamieson et al, 2017)



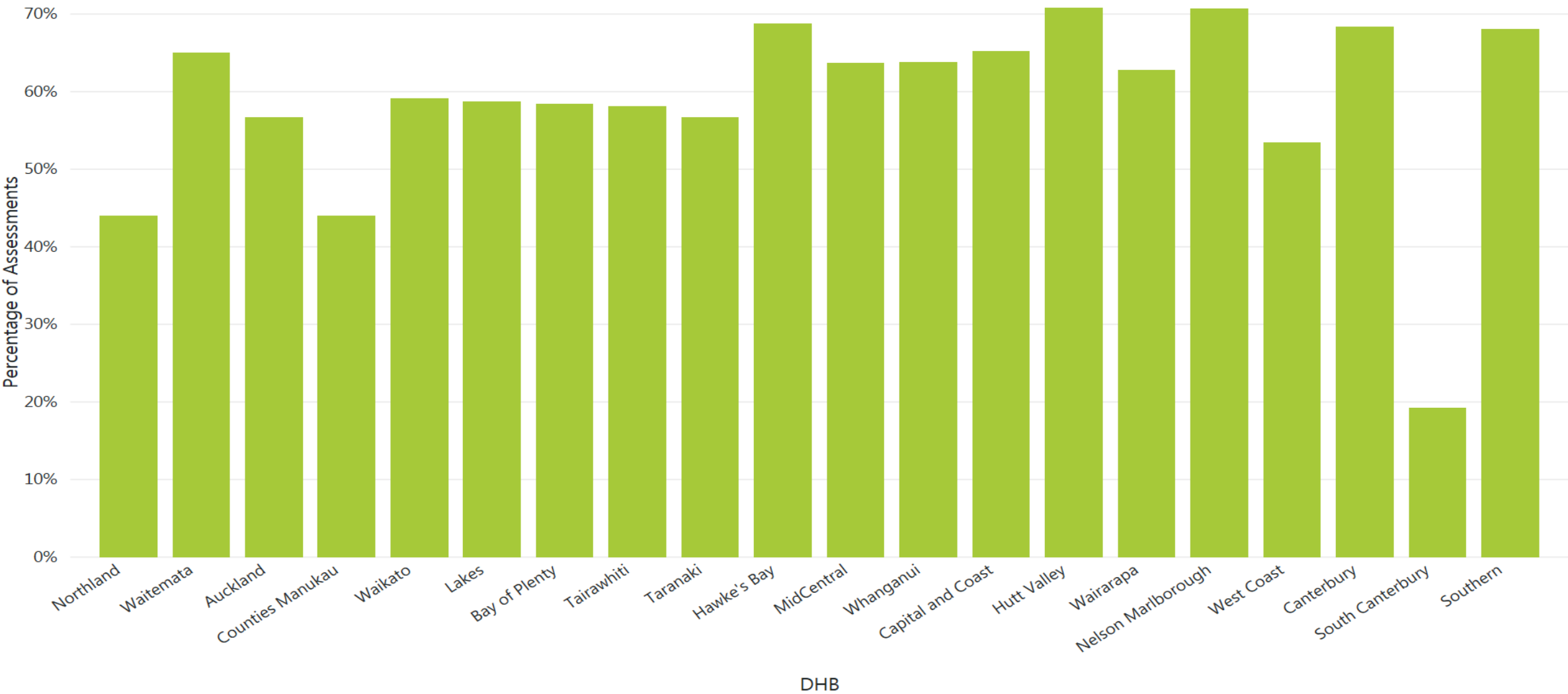
# Loneliness by DHB



# Enduring Power of Attorney (EPOA)

- Legal authority to **act on behalf of a person** in matters relating to:
  - property
  - personal care and welfarewhen they are **not able to make decisions** for themselves, or to communicate those decisions
- Identifies whether a person has an EPOA in place.

# EPOA in place by DHB



# Where next



# Where next



New interRAI assessments



More interactive data visualisation



Link to other data - more insight



Quality indicators for services

Data!! Data!! Data!! He  
cried impatiently I can't  
make bricks without clay

Sir Arthur Conan Doyle – Sherlock  
Holmes





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