

Home Care Outcome Scales



You will find six new Outcome Scales within the Home Care Assessment.

Outcome Scale	Score	Description	Coded items included in the scale
Composite Mood Scale	0-9	<p>Mood disturbances in older adults can greatly impact their daily lives, worsening other health issues and reducing social interactions. Factors like poverty, homelessness, loss of cultural connection, and low self-worth can lead to anhedonia (loss of pleasure) and poor health outcomes. Addressing mood issues is crucial for effective restorative care planning.</p> <p>The interRAI mood scales provide reliable mental health measures for diverse populations and care settings. They use a person-centred approach, considering both the individual's and clinician's perspectives to assess mood disturbances related to dysphoria, anxiety, and anhedonia.</p> <p>These mood scales are decision support tools that can be used to help improve access to mental health services and may be used for screening to flag possible mood disorders for referral purposes.</p>	<p>E1e - Repetitive anxious complaints/concerns (non-health related)</p> <p>E1f - Sad, pained or worried facial expressions</p> <p>E1i - Withdrawal from activities of interest</p> <p>E1k - Expressions, including non-verbal, of lack of pleasure (anhedonia)</p> <p>E2a - Self-report: Little interest or pleasure in things you normally enjoy</p> <p>E2b - Self-report: Anxious, restless, or uneasy</p> <p>E2c - Self-report: Sad, depressed or hopeless</p>

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		<p>While they are associated with diagnoses of mood disorders or depression, they are not intended to be a substitute for judgement by mental health professionals.</p> <p>Interested in the research related to developing this score? Click here: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9108209/</p>	
Clinician-Rated Mood Scale	0-9	<p>The Clinician-rated scale can be used when:</p> <ul style="list-style-type: none"> The Clinician rated scale has a higher value than the Self-Reported scale The Self-reported scale has more than 1 item missing. <p>The higher the score, the worse the person's mood is, from the clinician's perspective.</p>	<p>E1e - Repetitive anxious complaints/concerns (non-health related)</p> <p>E1f - Sad, pained or worried facial expressions</p> <p>E1i - Withdrawal from activities of interest</p> <p>E1k - Expressions, including non-verbal, of lack of pleasure (anhedonia)</p>
Self-Report Mood Scale	0-9	<p>This score reflects the person's self-reported mood.</p> <p>The higher the score, the worse the person's mood is, from the person's perspective.</p> <p>If more than one item is coded '8' where the person could not or would not respond, the scale cannot be calculated.</p>	<p>E2a - Self-report: Little interest or pleasure in things you normally enjoy</p> <p>E2b - Self-report: Anxious, restless, or uneasy</p> <p>E2c - Self-report: Sad, depressed or hopeless</p>
First Fall Risk Scale	0-6	<p>Predicting falls in those without a previous fall is crucial for preventing injuries. Identifying and intervening before the first fall can reduce the high personal and economic costs among older adults. The 1st Fall algorithm uses assistive device usage, unsteady gait, age, cognition, pain, and incontinence to categorise individuals from</p>	<p>A2 – Gender</p> <p>G1da – Medication Management</p> <p>G2i – Bed Mobility</p> <p>G3a – Primary mode of mobility</p> <p>G6 – Change in ADL status</p>

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		<p>low to high risk. It predicts future falls for those who haven't fallen in the past 90 days, facilitating earlier identification of at-risk individuals and helping to create personalised care plans. Resources, such as physical and occupational therapy services or exercise classes, can then be allocated to those at high risk.</p> <p>The higher the score, the higher the risk for a fall occurring.</p> <p>Interested in the research related to developing this score? Click here: https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1300-2</p>	<p>H1 – Bladder Continence I1h – Parkinson's Disease J2d – Unsteady gait J6a – Unstable conditions Age at assessment (in years) ADL Hierarchy Scale score Cognitive Performance Scale score Pain Scale score</p>
Frailty Scale (currently under review)	0-1	<p><i>*There are known issues with the calculation of the Frailty Scale currently. These will be resolved as soon as possible.</i></p> <p>The interRAI Home Care Frailty Scale provides a summary measure of personal characteristics impacting an individual's life course. Frailty in its early stages, may be reversible so early detection and intervention may prevent deterioration.</p> <p>The interRAI Home Care assessment is a comprehensive geriatric assessment. It provides measures to inform this scale including physical function, movement, cognition and communication, nutritional status, clinical symptoms, and diagnoses. The assessor and clinician therefore does not need to complete a separate assessment to determine this risk.</p>	<p>C1 – Cognitive skills for daily decision making. D2 – Ability to understand others. E1i – Withdrawal from activities of interest. E1j – Reduced social interactions. F3 – Change in social activities in last 90 days. G1aa – Meal preparation. G1ba – Ordinary housework. G1ca – Managing finances. G1da – Managing medications. G1ea – Phone use. G1fa – Stairs. G2b – Personal hygiene. G2f – Locomotion. G2h – Toilet use. G2g – Toilet transfer.</p>

Outcome Scale	Score	Description	Coded items included in the scale
		<p>The scale has a score of 0-1 with higher score indicative of increased frailty. A score of 0 indicates no frailty detected.</p> <p>Interested in the research related to developing this score? Click here: https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-016-0364-5#Sec8</p>	<p>G4a – Total hours of exercise or physical activity in the last 3 days.</p> <p>H3 – Bowel continence.</p> <p>I1d – Dementia other than Alzheimer’s Disease.</p> <p>I1l - Chronic Obstructive Pulmonary Disease.</p> <p>I1m – Congestive Heart Failure.</p> <p>I1r – Pneumonia.</p> <p>I1s – Urinary tract infection in last 30 days.</p> <p>J1a – Falls in last 30 days.</p> <p>J1b – Falls 30-90 days ago.</p> <p>J1c - Falls 90-180 days ago.</p> <p>J2c – Dizziness.</p> <p>K2a – Weight loss of 5% or more in last 30 days or 10% in last 180 days.</p> <p>K2e – Decrease in the amount of food or fluid usually consumed.</p>
Caregiver Risk Evaluation (CaRE)	1-4	<p>The CaRE scale utilises six items from the interRAI Home Care assessment to evaluate caregiver risk. It works with other scales that identify functional, clinical, and behavioural challenges that increase caregiver burden.</p> <p>The scale flag to identify families who might need extra formal support, education/training, respite care, or other services.</p> <p>Case managers should use the CaRE score with the client, their family, and other service providers to ensure a tailored response to the caregiver's and care recipient's needs and preferences.</p>	<p>P1a – Relationship to person (child, spouse or parent)</p> <p>P1b – Lives with person</p> <p>P2b – Primary informal helper expresses feelings of distress, anger, or depression</p> <p>P3 – Hours of informal care and active monitoring during last 3 days</p> <p>CPS – Cognitive Performance Scale</p> <p>DRS – Depression Rating Scale</p>

Outcome Scale	Score	Description	Coded items included in the scale
		<p>Higher scores indicate higher risk of caregiver burden.</p> <p>1 is low risk 2 is moderate risk 3 is high risk 4 is very high risk</p> <p>Interested in the research related to developing this score? Click here: https://www.researchgate.net/publication/341673193_Development_and_Validation_of_Caregiver_Risk_Evaluation_CaRE_A_New_Algorithm_to_Screen_for_Caregiver_Burden</p>	



To view the Outcome Scales and their scores when completing Home Care assessments, click on 'Outcomes' then 'Details'.

L. Skin Condition

M. Medications

N. Treatments and Procedures

O. Responsibility and Directives

P. Social Supports

Q. Environmental Assessment

R. Discharge Potential And Overall Status

T. Assessment Summary

Assessment Summary (CAPs)

Outcomes

RUGs

Outcomes

ADL Hierarchy Scale (0-6)
0 = Independent
0/6

Details

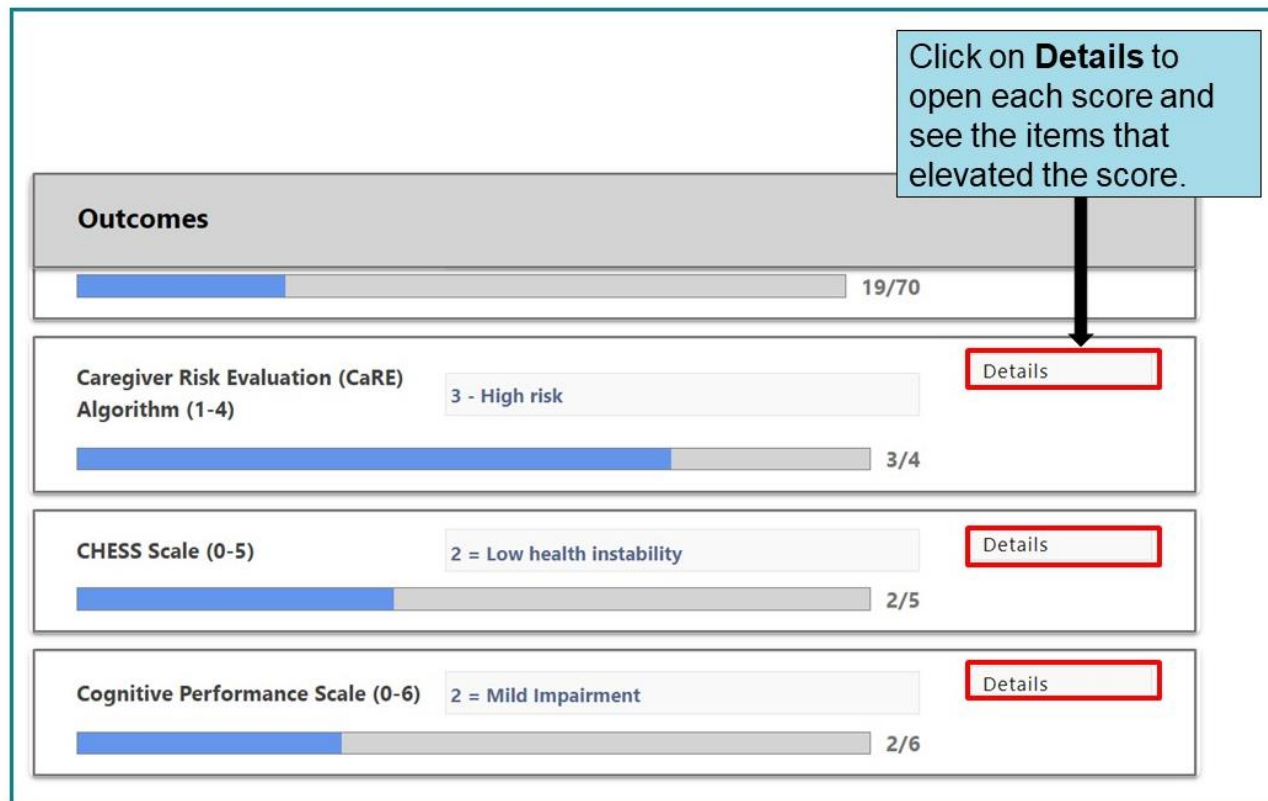
ADL Scale - Long form (0-28)
5 - Higher scores indicate greater dependency.
5/28

Details

ADL Scale - Short form (0-16)
0 - Higher score indicate greater difficulty performing activities.
0/16

Details

Click on Outcomes



Cognitive Performance Scale (0-6) **2 = Mild Impairment** Look at the level of impairment here. Details

2/6

C1. Decision Making
Minimally impaired—In specific recurring situations, decisions become poor or unsafe; cues/supervision necessary at those times (2)

C2a. Short-term memory
Memory problem (1)

D1. Understood
Usually understood—Difficulty finding words or finishing thoughts BUT if given time, little or no prompting required (1)

G2j. Eating
Independent—No physical assistance, setup, or supervision in any episode (0)

View the coded items that make up the score here.