



*Ninety per cent of Albertans who responded to the online survey agreed with the statement "I want to live in my own home during my senior years." Often called "aging in place", this principle forms a major cornerstone of nearly all senior-related planning, including transportation, housing, and service delivery.*

Findings Report, Alberta Seniors and Community Supports, Demographic Commission, December 2008

## How do you decide what kind of support and care I might need or whether I can stay in my own home or need to move?

Alberta Health Services uses the interRAI Assessment tool to measure your clinical status. This tool is the foundation of a comprehensive assessment of your health needs that is completed by your Case Manager\* and a team of health-care professionals to make an objective recommendation. InterRAI, along with input from your family and the professional judgment of your Case Manager\* and your team of health-care providers, helps us meet your needs in the right place.

The interRAI assessment, RAI-HC, is used across Canada and around the world including in the U.S., Europe, Asia and Australia. It was developed by a panel of geriatric specialists and is regularly updated through ongoing review of millions of assessments each year.

## What does the tool measure?

The interRAI tool is designed to collect information on a broad range of physical, mental, and social abilities. It measures your strengths as well as problems or potential problems. Questions relate to:

Activities of Daily Living functioning	Continence (bladder and bowel control)
Communication/hearing	Dental status
Depression	Disease diagnoses
Environment/home safety	Falls
Health conditions	Medication use
Instrumental Activities of Daily Living Self Performance	Informal (family) support services
Mental functions, cognition	Mood and behaviour
Nutrition/hydration	Pain
Physical abilities	Preventive health measures
Reliance on healthcare services	Skin condition
Social functioning	Socio-demographic/background information
Strengths	Vision



## **Who does the assessment and develops my plan of care? Does my opinion count? What about my family?**

A Case Manager\* will be assigned to assist you in your home setting or acute care. The Case Manager\* will meet with you and your family and discuss your concerns and those of your family. Your input is very important – you know your needs best. You and your Case Manager\* may decide to involve other members of the health team in your assessment. Team members who may be consulted include physicians, physiotherapists, pharmacists, and other healthcare professionals.

## **What happens after I have an assessment?**

Once an assessment is complete, your Case Manager\* will share the results of the assessment with you and your family and recommend a living option to best meet your health needs.

## **Why can't I decide? Why do I have to go through this process?**

Alberta Health Services is committed to ensuring you have access to the right care in the right place. We know moving into a care environment that provides more or less care than you need may negatively influence your wellness and independence.

The RAI-HC Assessment tool is user-friendly and measures a range of medical, physical, and mental abilities or challenges in a single test. It's also objective and considers many aspects of your health and personal needs. This helps the Case

Manager\* to make the best recommendation regarding your care, support and living needs and matching those to what is available where you currently live.

If a previous assessment has been done, comparisons are made to determine any changes in your condition.

## **How does this standardized assessment improve care?**

The Assessment tool can help to identify potential problems and strategies to address those problems, describe baseline conditions, measure objectives and confirm clinical judgments. Physicians, nurses, physical therapists, occupational therapists, and other healthcare professionals can use your assessment to review your status to ensure continuity of care and help in ongoing management of your plan of care.

## **How do I get more information?**

In order to access any living option, you need to undergo an assessment by a Case Manager\* through your local Home Care Program.

You can access Alberta Health Services if you:

- Live in Alberta
- Have an Alberta Health Care Number, or
- Have applied for and are eligible to receive Alberta Health care coverage

To book an assessment or for more information, contact your local Home Care Program, talk to your family doctor or call Health Link Alberta Toll-Free 1-866-408-5465.

*\* Case Managers may be Registered Nurses, Physical Therapists, Occupational Therapists, or Social Workers.*