

ID _____
Date of birth (mm / yyyy) _____
Sex (M/F) _____

**Resource Use Measure
based on
Isaacs & Neville's**

Intervals of Need

August 16, 2001

Guidelines for Questions 1-3:

Answer the questions based on your most recent assessment of the person's current mental health needs. If the person's needs fluctuate between two categories, select the higher of the two codes.

Question 1: Does the person have a need relating to a mental health difficulty?

Select **Yes** if the person has a mental health need including, but not limited to any of the following:

- a diagnosed mental health condition, for example, depression, schizophrenia, a form of dementia, etc.
- a mental health condition which is stable or which has recently improved as a result of taking prescribed medication, or if the person must continue to take medication in order to prevent worsening of the condition.
- a need for social stimulation, socialisation or re-socialisation, advocacy, counselling (including bereavement counselling) or therapy.
- a need relating to an addiction, e.g., drugs or alcohol.
- behaviour which is socially inappropriate or problematic *in the context in which the person lives*.
- cognitive problems relating to a learning disability, a head injury or a form of dementia.
- the person has expressed suicidal thoughts, or has recently attempted to harm himself/herself.

Question 2: Can the person's mental health difficulty be described as:

- **Functional:** Disorders such as depression or depressive-type illnesses, schizophrenia, bi-polar disorder, phobias including agoraphobia, neuroses or anxiety-related disorders
- **Organic:** Forms of dementia such as Alzheimer's disease, Lewy body dementia or vascular dementia. Organic mental health problems also include learning disabilities or problems relating to a head injury.
- **Both:** e.g., dementia *and* schizophrenia; dementia *and* depression.

Question 3: Is there an element of risk associated with the person's mental health difficulty?

Select **Yes** if the person's mental health condition poses a risk to themselves or to others. This risk may include, among other things:

- risk due to vulnerability, e.g., being overly trusting of strangers.
- risk of overspending due to mental health condition, e.g., bi-polar disorder, dementia
- risk of self-harm relating to confusion or memory loss, e.g., mistakenly eating out-of-date food
- risk of deliberate self-harm
- risk of self-neglect in terms of activities of daily living
- risk of getting lost when outside the home
- risk of fire or explosion inside the home
- risk of harm to others relating to physical or verbal aggression

Mental health

Mental health needs include not only those relating to a diagnosed mental health condition, but also those relating to: cognitive impairment, behavioural difficulties, needs for social stimulation and emotional support, etc. *Please read the guidelines carefully before answering these questions.*

1. Does the person have a need relating to a mental health difficulty?

- 1 No *[Go to question 4.]*
- 2 Yes *[Go to question 2.]*

2. Can the person's mental health difficulty be described as:

- 1 Functional (a disorder such as depression, schizophrenia, bi-polar disorder, anxiety, phobia)
- 2 Organic (a disorder such as dementia)
- 3 Both functional and organic

3. Is there an element of risk associated with the person's mental health difficulty?

- 1 No
- 2 Yes

Guidelines for Questions 4-7:

Answer the questions based on your most recent assessment of the person's current physical or mental health needs. If the person's needs fluctuate between two categories, select the higher of the two codes.

If the person is bed-bound, paraplegic or an amputee, and does not perform the task, code as (4): cannot do without assistance.

Question 4: Is the person able to get into or out of a chair (including a wheelchair)?

This question relates to the person's ability to transfer *from* a position of standing *to* a position of sitting and vice-versa. It also relates to the person's ability to transfer from a wheelchair onto another seat (e.g., in a car, toilet, sofa or other chair) or from another seat onto a wheelchair.

Question 5: Is the person able to get into or out of bed?

This question relates to the person's ability to transfer *from* a position of standing or sitting *to* a position of lying down and vice-versa.

Question 6: Is the person able to get about inside on a level surface?

This question relates to the person's ability to move about on a level surface inside their own home, or another building. This question recognises that a person's ability to move about indoors on a level surface may be dependent on their use of a wheelchair, zimmer or other mobility aid, and that their inability to do so, or inability to do so *safely*, may not simply be the result of a physical disability.

Question 7: Is the person able to get about outside on a level surface?

This question relates to the person's ability to move about on a level surface outside their own familiar home environment — that is outside the boundaries of their own house and garden. This question recognises that a person's ability to move about outdoors on a level surface may be dependent on their use of a wheelchair, zimmer or other mobility aid, and that their inability to do so, or inability to do so *safely*, may not simply be the result of a physical disability.

For all questions 4-7:

Select **option 1** — Without difficulty (including using equipment or aid) — if:

- the person requires no assistance from another person to perform the task.
- the person requires no assistance from another person to perform the task, but uses a zimmer or other mobility aid, handrails, or a specially-adapted chair to do so.

Select **option 2** — Has difficulty even when using equipment or an adaptation — if:

- the person *is able* to perform the task, but is unsteady or unstable when doing so, even when using a zimmer or other mobility aid, handrails, or a specially-adapted chair.
- the person *is able* to perform the task, but because of frailty, disability or recent injury, finds it difficult to do so.
- the person has difficulty with one aspect of the task without (e.g., getting *out* of a chair), even if they have no difficulty with another aspect (e.g., getting *into* a chair).

Select **option 3** — Requires prompting, guidance, supervision or encouragement — if:

- the person lacks confidence or motivation to perform the task, but is able to do so when prompted or encouraged.
- the person will not perform the task without someone present because of a fear of falling, a phobia or other anxiety disorder.
- the person is unable to perform the task *safely* without supervision or guidance because of cognitive impairment or confusion.
- in general, the person does not require *physical* assistance with the task, but nevertheless (for whatever reason) often requires someone to be present in order to perform it themselves.

Select **option 4** — Cannot do without assistance from others— if:

- the person requires physical assistance from others (for whatever reason) in the form of lifting or carrying.
- the person requires physical support from others (for whatever reason), even if it is minimal, e.g., leaning on someone's arm or holding someone's hand.
- the person requires physical assistance for one aspect of the task (e.g., getting *out* of a bed), even if they require no assistance for another aspect (e.g., getting *into* a bed).
- the person does not perform the task because of disability.

Mobility

If the person is bed-bound and does not perform the task, code as (4): cannot do without assistance.

4. Is the person is able to get into or out of a chair (including a wheelchair)?

- 1 Without difficulty (including using equipment or an adaptation)
- 2 Has difficulty even when using equipment or an adaptation
- 3 Requires prompting, guidance, supervision or encouragement
- 4 Cannot do without assistance from others

5. Is the person able to get into or out of bed?

- 1 Without difficulty (including using equipment or aid)
- 2 Has difficulty even when using equipment or an adaptation
- 3 Requires prompting, guidance, supervision or encouragement
- 4 Cannot do without assistance from others

6. Is the person able to get about inside on a level surface?

- 1 Without difficulty (including using equipment or aid)
- 2 Has difficulty even when using equipment or an adaptation
- 3 Requires prompting, guidance, supervision or encouragement
- 4 Cannot do without assistance from others

7. Is the person able to get about outside on a level surface?

- 1 Without difficulty (including using equipment or aid)
- 2 Has difficulty even when using equipment or an adaptation
- 3 Requires prompting, guidance, supervision or encouragement
- 4 Cannot do without assistance from others

Guidelines for Questions 8-12:

Answer the questions based on your most recent assessment of the person's current physical or mental health needs. If the person's needs fluctuate between two categories, select the higher of the two codes.

If the person does not perform the task because of disability, code as (4): cannot do without assistance.

Question 8: Is the person able to eat by himself / herself?

This question relates to a person's ability to eat once food has been prepared and made available. It does *not* relate to the ability to prepare the food (see question 16). It includes the ability to obtain sufficient nutrition.

Question 9: Is the person able to wash his / her own hair?

This question relates to a person's ability to wash his / her own hair, using soap or shampoo, irrespective of whether they do so in the shower / bath or over a sink.

Question 10: Is the person able to wash his / her face and hands?

This question relates to a person's ability to maintain good personal hygiene by washing his / her face and hands. It includes the ability to turn taps on and off, and adjust water temperature to avoid scalding.

Question 11: Is the person able to give himself / herself a complete wash, bath or a shower?

This question relates to a person's ability to wash in a bath or shower (including getting into or out of the bath or shower) or give himself / herself a complete wash by other means. It includes the ability to turn taps on, adjust water temperature to avoid scalding, and turn taps off again to prevent flooding.

Question 12: Is the person able to dress / undress himself / herself?

This question relates to a person's ability to put on, take off, secure and unfasten all garments in a manner appropriate for the weather. It also includes, the ability to adjust and fasten garments following use of the toilet, and as appropriate, the ability to put on and take off any braces, artificial limbs or other surgical appliances.

For all questions 8-12:

Select **option 1** — Without difficulty (including using equipment or aid) — if:

- the person requires no assistance from another person to perform the task.
- the person requires no assistance from another person to perform the task, but uses specialised occupational therapy (OT) aids or mobility aids to do so.

Select **option 2** — Has difficulty even when using equipment or an adaptation — if:

- the person *is able* to perform the task, but because of frailty, disability or recent injury, finds it difficult to do so, even when using specialised OT aids or mobility aids.
- the person has difficulty with one aspect of the task (e.g., putting on socks and shoes, getting into a bath), even if they have no difficulty with another aspect (e.g., putting on trousers or shirt, washing themselves once in the bath).

Select **option 3** — Requires prompting, guidance, supervision or encouragement — if:

- the person lacks confidence or motivation to perform the task, but is able to do so when prompted or encouraged. This includes, for example, someone who requires clothing to be laid out for them, but is able to dress themselves once this has been done.
- the person will not perform the task without someone present because of a fear of falling, a phobia or other anxiety disorder.
- the person has forgotten how to perform the task, or is unable to perform it *safely* because of cognitive impairment or confusion. This includes, for example, someone who may leave the bath water running if they are not reminded to turn off the tap.
- in general, the person does not require *physical* assistance with the task, but nevertheless (for whatever reason) often requires someone to be present in order to perform it themselves.

Select **option 4** — Cannot do without assistance from others— if:

- the person requires physical assistance from others (for whatever reason), even if it is minimal.
- the person requires physical support from others (for whatever reason), even if it is minimal.
- the person requires physical assistance for one aspect of the task (e.g., putting on socks and shoes, getting into a bath), even if they require no assistance for another aspect (e.g., putting on trousers or shirt, washing themselves once in the bath).
- the person does not perform the task because of disability.

Personal Care

8. Is the person able to eat by himself / herself?

- 1 Without difficulty (including using equipment or aid)
- 2 Has difficulty even when using equipment or an adaptation
- 3 Requires prompting, guidance, supervision or encouragement
- 4 Cannot do without assistance from others

9. Is the person able to wash his / her own hair?

- 1 Without difficulty (including using equipment or aid)
- 2 Has difficulty even when using equipment or an adaptation
- 3 Requires prompting, guidance, supervision or encouragement
- 4 Cannot do without assistance from others

10. Is the person able to wash his / her hands and face?

- 1 Without difficulty (including using equipment or aid)
- 2 Has difficulty even when using equipment or an adaptation
- 3 Requires prompting, guidance, supervision or encouragement
- 4 Cannot do without assistance from others

11. Is the person able to give himself / herself a complete wash, a bath or a shower?

- 1 Without difficulty (including using equipment or aid)
- 2 Has difficulty even when using equipment or an adaptation
- 3 Requires prompting, guidance, supervision or encouragement
- 4 Cannot do without assistance from others

12. Is the person able to dress / undress himself / herself?

- 1 Without difficulty (including using equipment or aid)
- 2 Has difficulty even when using equipment or an adaptation
- 3 Requires prompting, guidance, supervision or encouragement
- 4 Cannot do without assistance from others

Guidelines for Questions 13-15

Question 13: Does the person require assistance with management of medication (e.g., tablets, insulin injections, skin treatments, etc.)?

This question relates to a person's need for assistance with managing medication or other medical treatments, including treatments for wounds or skin conditions. If the person's needs fluctuate between two categories, select the higher of the two codes.

Select **option 1** — Person is not taking medication or has no difficulty in managing medication — if:

- the person is not taking medication, or requires no assistance from another person to manage their medication.
- the person manages their own tablets with the use of a dosette box or other reminder system.
- the person is not receiving regular treatment from a qualified nurse for wound care or a skin condition.

Select **option 2** — Person requires supervision, etc., but does not require medication to be administered — if:

- the person needs supervision or guidance to avoid risk of overdose or abuse of medication.
- the person needs to be reminded to take medication because of forgetfulness, confusion or cognitive impairment.
- the person lacks motivation to take their own medication, but is able to take it when encouraged.
- the person does not require another person to administer their medication, but nevertheless (for whatever reason) often requires another person to be present in order to self-administer.

Select **option 3** — Person requires medication to be administered — if:

- the person requires insulin injections to be administered, or requires assistance to cope with unstable diabetes.
- the person requires assistance from a qualified nurse to administer intravenous or intramuscular medication, for example, anti-psychotic drugs, chemotherapy, morphine, etc.
- the person requires administration of specialised treatments for wounds or other skin problems.

Question 14: Does the person require practical assistance, guidance, prompting or supervision to maintain urinary continence (including catheter or urostomy care)?

This question relates to a person's need for assistance in maintaining urinary continence or managing urinary incontinence.

Question 15: Does the person require practical assistance, guidance, prompting or supervision to maintain bowel function (including assistance for constipation, faecal incontinence or stoma care)?

This question relates to a person's ability to maintain healthy bowel function. It includes the care required to prevent both constipation and faecal incontinence.

For questions 14-15:

If a person is incontinent only in certain situations or circumstances (for example, never when they are in their own home, but frequently when they are outside their own home), indicate how often this occurs. If the person's needs fluctuate between two options, select the higher of the two.

Select **option 1** — Person copes independently — if:

- the person is fully continent, or does not require assistance from another person to manage urinary incontinence.
- the person copes independently using pads or other continence aids, equipment or adaptations.

Select **option 2** — Yes, less than once a week — if:

- the person copes independently but requires an occasional visit from a nurse or care assistant to change a catheter.
- the person requires prompting, supervision or assistance to use the toilet because of disability, frailty, memory loss or cognitive impairment, but on average, less than once a week

Select **option 3** — Yes, more than once a week — if:

- the person requires prompting, supervision or assistance to use the toilet, because of disability, frailty, memory loss or cognitive impairment, on average, more than once a week, but not every day.
- the person requires assistance from another person to empty a catheter bag, more than once a week, but not every day.

Select **option 4** — Yes, daily and/or nightly — if:

- the person requires assistance at least once a day or once a night to manage problems relating to urinary or faecal incontinence.
- the person requires assistance at least once a day or once a night for catheter or stoma care.
- the person requires prompting, supervision or assistance to use the toilet, because of disability, frailty, memory loss or cognitive impairment, throughout the day or night.

13. Does the person require assistance with management of medication (e.g., tablets, insulin injections, skin treatments, etc.)?

- 1 Person is not taking medication, or has no difficulty in managing medication
- 2 Person requires supervision, guidance or prompting, but does not require medication to be administered
- 3 Person requires medication to be administered

Continence and Bowel Management

14. Does the person require practical assistance, guidance, prompting or supervision to maintain urinary continence (including catheter or urostomy care)?

- 1 No, the person has complete control, or copes independently with aids (pads, bottles, etc.)
- 2 Yes, less than once a week
- 3 Yes, once a week or more
- 4 Yes, daily and/or nightly

15. Does the person require practical assistance, guidance, prompting or supervision to maintain bowel function (including assistance for constipation, faecal incontinence or stoma care)?

- 1 No, the person has healthy bowel function, or copes independently
- 2 Yes, less than once a week
- 3 Yes, once a week or more
- 4 Yes, daily and/or nightly

Guidelines for Questions 16-21

Answer the questions based on your most recent assessment of the person's current physical or mental health needs. If the person's needs fluctuate between two options, select the higher of the two codes.

If the person does not perform the task because of disability, code as (4): cannot do without assistance.

Question 16: Is the person able to prepare, cook and serve himself / herself a main meal?

This question relates to a person's ability to prepare a hot meal for himself / herself. It includes the ability to operate any appliances required (microwave, cooker, oven), and to obtain *appropriate* nutrition.

Question 17: Is the person able to prepare himself / herself a light snack (e.g., cheese on toast)?

This question relates to a person's ability to prepare himself / herself a snack between mealtimes.

Question 18: Is the person able to prepare himself / herself a hot drink (e.g., cup of tea)?

This question relates to a person's ability to boil a kettle, and pour the water into a teapot or coffee pot and cup, without injury or scalding.

Question 19: Is the person able to do the shopping independently?

This question relates to a person's ability to go to a store, purchase daily or weekly provisions, and carry them home again.

Question 20: Is the person able to do the light housework (e.g., dusting, washing up, etc.)?

This question relates to a person's ability to do routine light housekeeping, in order to maintain their home environment in a reasonably hygienic condition. This does not include heavy housekeeping tasks such as hoovering, ironing, washing floors, etc.

Question 21: Is the person able to do his/her own laundry?

This question relates to a person's ability to do his / her own laundry, irrespective of the manner in which they prefer to do it, e.g., taking clothes to a laundrette, using an automatic washing machine in their own home, hand-washing clothes in the sink. It also relates to their ability to do the laundry appropriately, without causing flooding.

For all questions 16-21:

Select **option 1** — Without difficulty (including using equipment or aid) — if:

- the person requires no assistance from another person to perform the task.
- the person requires no assistance from another person to perform the task, but uses specialised occupational therapy (OT) aids or mobility aids to do so.

Select **option 2** — Has difficulty even when using equipment or an adaptation — if:

- the person *is able* to perform the task, but because of frailty, disability or recent injury, finds it difficult to do so, even when using specialised OT aids or mobility aids.

Select **option 3** — Requires prompting, guidance, supervision or encouragement — if:

- the person lacks confidence or motivation to perform the task, but is able to do so when prompted or encouraged.
- the person has forgotten how to perform the task, or is unable to perform it *safely* or *appropriately* without supervision because of cognitive impairment or confusion. This includes, for example, a person who may be physically able to cook, but who might leave a pot on a lit burner and walk away from it, or who might eat out-of-date food. It also includes someone who is physically able to shop, but who cannot do so appropriately without supervision.
- the person is physically able to perform the task, but usually neglects himself / herself because of a mental health need or cognitive impairment.
- in general, the person does not require *physical* assistance with the task, but nevertheless (for whatever reason) often requires someone to be present in order to perform it themselves.

Select **option 4** — Cannot do without assistance from others— if:

- the person requires physical assistance from others to perform the task (for whatever reason).
- the person requires physical support from others to perform the task (for whatever reason), even if it is minimal.
- the person can not perform the task without assistance because of a lack of training (e.g., someone who needs prepared meals to be provided because they do not know how to cook, but who is able to reheat the meals once provided)
- the person does not perform the task because of disability.

House care

16. Is the person able to prepare, cook and serve himself / herself a main meal?

- 1 Without difficulty (including using equipment or aid)
- 2 Has difficulty even when using equipment or an adaptation
- 3 Requires prompting, guidance, supervision or encouragement
- 4 Cannot do without assistance from others

17. Is the person able to prepare himself / herself a light snack (e.g., cheese on toast)?

- 1 Without difficulty (including using equipment or aid)
- 2 Has difficulty even when using equipment or an adaptation
- 3 Requires prompting, guidance, supervision or encouragement
- 4 Cannot do without assistance from others

18. Is the person able to prepare himself / herself a hot drink (e.g., cup of tea)?

- 1 Without difficulty (including using equipment or aid)
- 2 Has difficulty even when using equipment or an adaptation
- 3 Requires prompting, guidance, supervision or encouragement
- 4 Cannot do without assistance from others

19. Is the person able to do the shopping independently?

- 1 Without difficulty (including using equipment or aid)
- 2 Has difficulty even when using equipment or an adaptation
- 3 Requires prompting, guidance, supervision or encouragement
- 4 Cannot do without assistance from others

20. Is the person able to do the light housework (e.g., dusting, washing up, etc.)?

- 1 Without difficulty (including using equipment or aid)
- 2 Has difficulty even when using equipment or an adaptation
- 3 Requires prompting, guidance, supervision or encouragement
- 4 Cannot do without assistance from others

21. Is the person able to do his / her own laundry?

- 1 Without difficulty (including using equipment or aid)
- 2 Has difficulty even using equipment of an adaptation
- 3 Requires prompting, guidance, supervision or encouragement
- 4 Cannot do without assistance from others