



## Q-CARR™: Quick Caregiver Assessment and Referral to Resources

For Use with Complex Case Management

### STEP 1: IDENTIFY - DETERMINE CAREGIVER INVOLVEMENT

Who is currently serving as your caregiver?

Who can be involved in meeting your care needs?

Who would you rely on for assistance?

Who is your primary support person?

### STEP 2: Assess - Address Caregiver Awareness & Role

Is the caregiver aware of their role?

Do they understand the responsibilities and expectations involved?

Are there any unresolved needs or challenges faced by the caregiver?

### STEP 3: Provide Support

Validate the caregiver's experiences.

Educate and/or ensure appropriate education is provided on the caregiving needs for immediate discharge using standard teach back methods, etc.

### STEP 4: Refer to Resources

Provide caregiver community, hospital, insurance and employer-based resources.

# Resources for Caregivers

## Community and Hospital Resources to be Completed by You

### Insurance-Based

Case Management Services  
In-Home Care  
Pharmacy Delivery  
Grocery/Meal Services  
Caregiving Support Services

Home Safety Evaluations, Devices & Modifications  
LTC Waiver Programs  
For Veterans: Caregiver Support Programs (Paid & Unpaid)

### Employer-Based

Mental Health Benefits (EAPs and more Comprehensive Counseling)  
Digital Health Solutions & Navigation Support  
Back-Up Elder and Child Care  
Weight-Loss Programs & Financial Reimbursements for Wellness  
Legal Services

Work Accommodation Programs & Medical Travel Assistance  
Employee Resources Groups  
Medical Second Opinion  
Home Safety Evaluations & Modifications  
Caregiving Support Services

### Community-Based

### Hospital-Based