

CAREGIVING NEEDS ASSESSMENT SCALE

Domain	0	1	2	3	4	5	Score
Environment	Score of 0 on MAHC 10 (minus poly pharmacy score), or a score of 1 on MAHC 10 (minus poly pharmacy score) if patient has a medical alert system. Patient does not smoke.	Score of 1 on MAHC 10 (minus poly pharmacy score). Patient has no medical alert system and does not smoke.	Score of 2 on MAHC 10 (minus poly pharmacy score). Patient may or may not have a medical alert system and does not smoke.	Score of 3 on MAHC 10 (minus poly pharmacy score). Patient may or may not have a medical alert system and does not smoke.	Score of 4 on MAHC 10 (minus poly pharmacy score). Patient may or may not have a medical alert system and does not smoke.	Score of 5 or more on MAHC 10 (minus poly pharmacy score), or a lower score on MAHC 10 but patient smokes and/or lacks a phone and/or the ability to use a phone. Patient may or may not have a medical alert system.	
Function (PPSv2)	90 - 100%	80%	70%	60%	50%	40%	
Medications	Patient is not taking any medications.	Patient takes ≤ 3 medications, none of them FRIDs, and independently administers medications.	Patient takes ≤ 3 medications, one or more of them FRIDs, and independently administers medications, or takes ≤ 3 medications, none of them FRIDs, but needs assistance with administration.	Patient takes ≤ 3 medications, one or more of them FRIDs, and needs assistance with administration, or takes ≥ 4 medications, none of them FRIDs, and independently administers medications.	Patient takes ≥ 4 medications, one or more of them FRIDs, and independently administers medications, or takes ≥ 4 medications, none of them FRIDs, but needs assistance with administration.	Patient takes ≥ 4 medications, one or more of them FRIDs, and needs assistance with administration, or needs all medications administered by others (number and type of medications do not matter).	
Mental Health	No current mental disorder, suicidal ideation, or recent alcohol or substance intoxication.	Current mental disorder, although symptoms and impairment in functioning are absent or minimal with good psychological coping. No suicidal ideation or recent alcohol or substance intoxication.	Current mental disorder; symptoms, when present, are temporary and normal reactions to stress, with no more than minor impairment in functioning. No suicidal ideation or recent alcohol or substance intoxication.	Current mental disorder with mild to moderate symptoms and some difficulty in functioning, but in general is functioning fairly well. No suicidal ideation or recent alcohol or substance intoxication.	Current mental disorder with moderate to serious symptoms and impairment in functioning. Suicidal ideation, if present, is without intent. No recent alcohol or substance intoxication.	Current mental disorder with moderate to serious symptoms and impairment in functioning. Some danger or continual danger to self (recent suicide attempt or ideation with intent) or others, and/or recent alcohol or substance intoxication.	
Respiratory Status	Calm, quiet, with no noises or dyspnea. Speech is without difficulty.	Dyspnea occasional with strenuous exercise or heavy exertion only.	Dyspnea on heavy exertion only.	Dyspnea on moderate exertion.	Dyspnea on minimal exertion.	Dyspnea at rest.	
Total Score							

CAREGIVING NEEDS ASSESSMENT SCALE – INSTRUCTIONS

The Caregiving Needs Assessment Scale (CNAS) utilizes five domains to assess a patient's caregiving needs. It is designed to be used with adult patients receiving hospice or palliative care who are living alone or with limited caregiving support. The scale is completed by selecting the column in each domain that best matches the patient's current status and adding up the total score. Domain descriptions and recommendations for caregiving are provided below, along with links to the MAHC 10 – Fall Risk Assessment Tool and the PPSv2, both of which are needed to complete the CNAS.

Domain One – Environment: The patient's total score from the MAHC 10 – Fall Risk Assessment Tool **minus** the Poly Pharmacy score, taking into account whether or not the patient smokes, has a medical alert system, and a phone or the ability to use a phone. Link to [MAHC 10](#).

Domain Two – Function (PPSv2): The patient's Palliative Performance Scale (PPSv2) total score. A PPSv2 score of 30% or less means the patient is totally bed bound, indicating the need for 24/7 care. For this reason, the PPS options end at 40% for this scale. Link to [PPSv2](#).

Domain Three – Medications: The number of medications the patient is taking; whether or not the patient is taking any fall-risk increasing drugs (FRIDs), which include but are not limited to sedatives, anti-depressants, tranquilizers, anti-hypertensives, narcotics, corticosteroids, cardiac, anti-anxiety, anti-cholinergic and hypoglycemic medications (MACH 10); and how the medications are administered. Medication administration is defined as follows:

- **Independent self-administration** of medications occurs when a patient is independently able to take medications by ingestion, inhalation, injection or other means.
- **Assistance with self-administration** of medications includes reminding and/or prompting the patient to take the medication, and opening the medication containers and placing the medication in the hand of the patient (if needed). Patient must be able to put the medication into his or her mouth, or apply or instill the medication. Patient retains all responsibility for their medications.
- **Medication administration** is the actual giving of medication and may involve storing the medication, opening the medication container, removing the prescribed dosage, and giving the medication to the patient. The caregiver, not the patient, is responsible for ensuring the patient takes their medications.

Domain Four – Mental Health: The patient's mental health status, including suicidal ideation, intent, or attempts, and recent alcohol or substance intoxication (with or without a substance use disorder). Even if patients do not have a mental disorder, they still receive a score of 4 if suicidal ideation is present, or a score of 5 for a recent suicide attempt, or ideation with intent. The term mental disorder encompasses any DSM-5 diagnosis, including all neurocognitive disorders.

Domain Five – Respiratory Status: The patient's respiratory status, with or without oxygen therapy.

Recommendations for Caregiving:

The following categories are offered as general guidelines only, developed to inform clinical judgment in making decisions and recommendations about caregiving needs. **0 – 5 = No caregiving needs or minimal caregiving needs:** Patient is independent and appears safe to live alone with little or no caregiving support. **6 – 10 = Low caregiving needs:** Patient may be able to safely live alone but some caregiving support is advised. **11 – 15 = Moderate caregiving needs:** Patient's ability to safely live alone is compromised and increased caregiving support is recommended. **16 – 20 = High caregiving needs:** 24/7 caregiving support is recommended, although patient may be safe without caregiving for brief periods. **21 – 25 = Acute caregiving needs:** Patient is not safe to be left alone and requires 24/7 caregiving support.