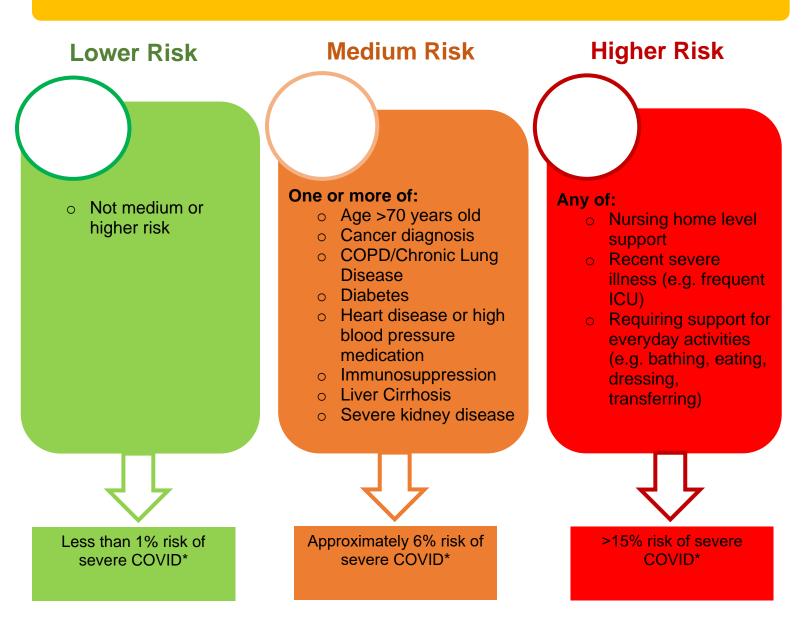# COVID-Alert Risk Evaluation (CARE) Tool

- The CARE tool provides a rapid assessment of the risk of severe COVID-19 complications and support needs for individuals and communities. It is not a comprehensive health or housing assessment.
- The CARE tool does *not* assign housing or hotel spaces. This information can be used to support physical distancing and housing efforts in the context of COVID-19.
- The tool is suited for implementation in a variety of settings with providers and clients who wish to use it.

Step 1. COVID-19 Risk Severity

Lower Risk

- Not medium or higher risk

Medium Risk

One or more of:
- Age >70 years old
- Cancer diagnosis
- COPD/Chronic Lung Disease
- Diabetes
- Heart disease or high blood pressure medication
- Immunosuppression
- Liver Cirrhosis
- Severe kidney disease

Higher Risk

Any of:
- Nursing home level support
- Recent severe illness (e.g. frequent ICU)
- Requiring support for everyday activities (e.g. bathing, eating, dressing, transferring)

Lower Risk	Medium Risk	Higher Risk
Less than 1% risk of severe COVID*	Approximately 6% risk of severe COVID*	>15% risk of severe COVID*

* Based on international data, among people who develop COVID infection.

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Step 2. Support Grade

1 **Fully Independent:** Able to seek care as needed without receiving nursing or case management support

2 **Minimal support (non-disruptive):** Minimal support required for physical health (eg: wound care), taking medications, following instructions, monitoring symptoms or mental health.

3 **Periodic support (non-disruptive):** Mental health and substance practices that require occasional periodic support or adjustments, provision or adjustments to harm reduction supports to prevent significant deterioration.

4 **Consistent supports for disruptive behaviours:** Occasional conflict or difficulty. Anticipated challenges staying in a room. Needs ongoing supports for following instructions and adhering to program requirements.

5 **High level skilled support for consistently disruptive behaviours:** Significant or frequent verbal or physical conflict/escalation due to mental health and substances. Consistent difficulty with program/other clients several times per week or more.

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Step 3. Substance Use

Definitions:

a. **No:** known to not use this substance.
b. **Yes:** more likely than not they are using this substance.
c. **Independent:** the care team does not need to be involved in the individual's substance use management.
d. **Stable with support:** receiving any form of case management, addictions, and harm reduction programing such as managed alcohol program or detox or rehabilitation services and substance use and behaviours stabilized with these supports.
e. **Unstable**: with or without assistance and programing support, the person remains unstable such as behavioural challenges, and/or conflict. This could include an individual with a recent hospital visit due to crisis related to substance use wherein the client may be at imminent risk of overdose (i.e. within the next week or month).
f. **Unknown.**

To your knowledge, does this person use any of the substances listed below?

Alcohol:

☐ No ☐ Yes - Independent ☐ Yes - Stable with support ☐ Yes - Unstable ☐ Unknown

Tobacco and/or Cannabis:

☐ No ☐ Yes - Independent ☐ Yes - Stable with support ☐ Yes - Unstable ☐ Unknown

Opioids:

☐ No ☐ Yes - Independent ☐ Yes - Stable with support ☐ Yes - Unstable ☐ Unknown

Stimulant:

☐ No ☐ Yes - Independent ☐ Yes - Stable with support ☐ Yes - Unstable ☐ Unknown

Other: _____

☐ No ☐ Yes - Independent ☐ Yes - Stable with support ☐ Yes - Unstable ☐ Unknown

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