



Caregiver Assessment Profile: Connecticut

About This Series: The National Caregiver Support Collaborative (NCSC) examined caregiver assessments nationwide to identify common characteristics and elements, including assessment types, modalities, and domains. The NCSC's Caregiver Assessment Profiles feature current evidence-based, evidence-informed, and innovative assessments designed to support family, kin, and tribal caregivers. The purpose of this series is to inform states, aging networks, and tribal networks about promising practices for developing and conducting caregiver assessments. Each profile provides an overview of an assessment, highlighting key components; follow-up, evaluation, and training processes; cultural considerations; and funding sources.

Assessment Overview

Connecticut's designated state unit on aging, the Connecticut Bureau of Aging (BoA), developed the Caregiver Assessment Tool to evaluate caregivers' needs, create personalized care plans, and provide referrals to relevant caregiver programs. Caregivers are referred to Connecticut's caregiver programs through word of mouth, senior centers, hospitals, home health agencies, skilled nursing facilities, and residential care homes. Tailored care plans are reviewed annually to address caregivers' evolving needs and ensure they remain relevant to caregivers' dynamic roles.

Connecticut's Caregiver Assessment Tool focuses on key domains such as depression screening, caregiver cognition, behavioral needs, and the living environment, ensuring a comprehensive understanding of the caregiver's experience.

Assessment Modalities	Modality Option for CT Assessment?
In-Person	Yes
Phone	Yes
Virtual with Video	No

The assessment is actively used by area agencies on aging (AAAs) in Connecticut's National Family Caregiver Support Program (NFCSP) and Connecticut's Statewide Respite Care Program (CSRCP). Medicaid home and community-based services programs in Connecticut use an alternative assessment, the Connecticut Universal Assessment (UA), based on the InterRAI Home Care tool.¹ In 2025, the UA will incorporate a Caregiver Assessment closely aligned with the BoA Caregiver Assessment Tool.

Assessment Type	Properties	CT Assessment Type?
Evidence-Informed	<ul style="list-style-type: none">Found effective through evaluation or adapted from evidence-based modelIncludes guidance to carry out activitiesTranslated at least once in one or more sites	Yes
Evidence-Based	<ul style="list-style-type: none">Proven effective through rigorous evaluationPublished results and inclusive of resources for public useUsed in other settings with fidelity to the original model	No
Innovative	<ul style="list-style-type: none">May be effective, with some outcome data, but not yet evaluatedLimited guidance to carry out activitiesNot yet translated in a different site or population	No

¹ InterRAI Print Catalog. (n.d.). *Home Care (HC)*. <https://catalog.interrai.org/collections/home-care-hc>

Key Assessment Components

1. **Usage of evidence-based screening measures:** The Connecticut Caregiver Assessment Tool includes two evidence-based measures: the Zarit Burden Interview to assess caregiver burden and the Patient Health Questionnaire-9 to screen for depression. These validated tools enable Connecticut to reliably compare caregiver burden and depression in its service populations with national and other population benchmarks.
2. **Individualized care planning:** Assessment findings inform care plans tailored to address caregivers' emotional health, mental health, and service needs, such as respite, housekeeping, and skill-building. The tool also assists care managers in identifying whether the care recipient's family could benefit from enrollment in programs and services for caregivers supporting individuals with specific health conditions.
3. **Priority scale:** Assessors use a 14-item priority scale to evaluate the caregiver's level of need for services, with higher scores reflecting greater priority for services.
4. **Collaboration with University of Connecticut (UConn):** Connecticut coordinates with UConn to continually assess caregiver resources and the caregiver landscape in Connecticut.
5. **Person-centered approach:** Connecticut's AAA staff have completed the University of Missouri-Kansas City "Charting the LifeCourse"² Person-Centered Counseling series. This training ensures assessors adopt a person-centered approach, enabling caregivers to identify supports and resources to assist in their caregiving journey.

Assessment Domains	Domain Included in CT Assessment?
Background on the caregiver and the caregiving situation ³	Yes
Caregiver's perception of care recipient's health and functional status	Yes
Health and well-being of the caregiver	Yes
Consequences of caregiving on the caregiver	Yes
Resources to support the caregiver and care recipient	Yes
Care-provision requirements (skills, abilities, knowledge, confidence, competencies)	Yes
Caregiver's values and preferences with respect to everyday living and care provision	No

Follow-Up and Evaluation

Caregivers undergo reassessment at least annually, with additional assessments conducted as needed if significant changes occur in the caregiver's or care recipient's circumstances. AAAs collect survey data and caregiver narratives annually to evaluate services provided under programs such as the NFCSP and CSRCP.

Staff Training

Connecticut offers flexible training options to ensure assessors can effectively administer the assessment. Training resources include scripts and informal, customizable sessions tailored to the assessor's preferred approach.

² LifeCourse Nexus Training and Technical Assistance Center. (n.d.). LifeCourse Library: LifeCourse Framework. <https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/>

³ According to the [Family Caregiver Alliance](#), experts in serving caregivers and researchers who focus on assessment point to the seven categories of information (i.e., domains) listed in the table to include in a caregiver assessment.

Cultural Considerations

Regional contracting agencies provide translation and interpretation services in languages such as Mandarin, Portuguese, Polish, Spanish, and more.

Funding Source

The assessment is funded by the Older Americans Act (OAA) and CSRCP state funds. Connecticut also leveraged temporary funding for caregiver programs through the American Rescue Plan Act.

Learn More

Recommended Resources:

- [Connecticut's National Family Caregiver Support Program](#)
- [Care for Caregivers](#)

Contact:

For more information on state caregiver assessments, please contact the NCSC by e-mail (caregivercollaborative@acl.hhs.gov).

You may access other Caregiver Assessment Profiles in this series on the [NCSC website](#).