



Caregiver Assessment Profile: Texas

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; and funding sources.

Assessment Overview

Texas uses two distinct caregiver assessment tools within its service system. The [Caregiver Assessment Questionnaire](#) is administered by area agencies on aging (AAA) as part of the National Family Caregiver Support Program (NFCSP). AAA staff use the assessment to gather detailed information about the caregiver's needs to guide appropriate referrals. AAA staff complete the assessment during intake and reassess caregivers every 12 months to monitor changes in circumstances. The Caregiver Assessment Questionnaire is available in Spanish, and LanguageLine translation services are available for translation services in other languages.

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

Medicaid and state-funded Community Care Services Eligibility (CCSE) programs administer a separate [Caregiver Status Questionnaire](#) to identify unpaid family caregivers and connect caregivers with appropriate supports, often through referrals to AAAs. The Caregiver Status Questionnaire is also available in Spanish.

Assessment Type Spectrum	Properties	TX Assessment Type?
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
Evidence-Informed	<ul style="list-style-type: none">Found effective through evaluation or adapted from an evidence-based modelIncludes guidance to carry out activitiesTranslated at least once in one or more sites	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	Yes

Key Assessment Components

- Caregiver assessment integration:** Texas includes caregiver assessments in both the NFCSP and Medicaid-funded programs. Staff use these assessments to screen caregivers and make appropriate referrals. This approach supports the No Wrong Door (NWD) system, enabling caregivers to access services through multiple entry points, including referring caregivers to AAAs after Medicaid programs identify them.

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- Financial and workplace security items:** The Caregiver Assessment Questionnaire includes an item that assesses how caregiving impacts the caregiver's employment. This information helps the state better understand the service needs of working caregivers and informs strategies to expand workplace caregiving supports.
- Utilization of caregiver assessment data:** Texas submitted a [report](#) to the state legislature that analyzes caregiver program demographics and outcomes using data collected from the Caregiver Assessment Questionnaire and the Caregiver Status Questionnaire. The state uses these findings to identify caregiver needs, improve caregiver programs, and align them with statewide initiatives, including the state plan on aging, the [Aging Texas Well](#) initiative, and ongoing improvements to the state's NWD system. Although both assessment tools contribute to the broader understanding of caregiver needs, the Caregiver Assessment Questionnaire remains the central focus of statewide planning and improvement under the NFCSP.

Assessment Domains	Domain Included in TX Assessment?
Background on the caregiver and the caregiving situation ¹	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 perception of care recipient's health and functional status	No
Caregiver's values and preferences with respect to everyday living and care provision	No

Follow-Up and Evaluation

Staff conduct reassessments of the Caregiver Assessment Questionnaire every 12 months. Staff base service provision on the caregivers' assessed needs for services. Depending on funding, some AAAs provide services for up to three months. For CCSE programs, staff conduct monitoring and home visits according to policy guidelines, which staff base on caregiver's needs.

Staff Training

Texas provides [online guidance](#) for administering the Caregiver Assessment Questionnaire. The state plans to incorporate assessment training into onboarding for new AAA staff. Additionally, the state is developing a reference guide to help new AAA staff understand which types of assessments they are required to administer during client intake.

¹ According to the [Family Caregiver Alliance](#), experts in serving caregivers and researchers who focus on assessment point to these seven categories of information (i.e., domains) to include in a caregiver assessment.

Funding Source

The state and federal programs fund the assessments through the Older Americans Act, Medicaid, and other sources.

Learn More

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](#).