**Background**

- Increased older adult (OA) discharges to skilled nursing facility (SNF) from hospital: 
  $\Delta$ Activities of Daily Living (ADL) disability, comorbidity, & hospital readmission rates (21%).
- Caregiver support for transitional process to home is critically necessary.
- Current ADL assessment tools are not psychometrically sound or adequate for determining caregiver needs and support in the home setting.

**Problem**

- Inadequate caregiver needs & support assessment at SNF discharge to home.
- Lack of user-friendly & valid tool to assess level & type of caregiver support in the home setting.

**Purpose**

To develop an evidence-based and valid Caregiver Need Assessment Tool (CNAT) to assist clinicians to accurately assess caregiver needs and support quantity for the home setting at SNF discharge.

**Goals**

- Improved successful transition of OAs from SNF to home.
- Enhanced shared communication.
- Increased concrete understanding of caregiver needs & support.
- Decreased apprehension at SNF discharge.
- Maintained functional status recovery.
- Facilitated community living.

**Orem’s Self-Care Deficit Theory of Nursing Model**

**Basic conditioning factors**

- Same as for Self-Care Agency

**Caregiver Need Assessment Tool**

**Methods**

- Item generation: 22 items derived from Orem’s Basic Conditioning Factors.
- Development of scoring method for CNAT.
- Establishment of item relevancy by expert panel.
- Determination of Item Content Validity Index (I-CVI).
- Revision of testable CNAT using I-CVI.
- Determination of I-CVI, scale CVI Universal (S-CVI/UA), & Averaging (S-CVI/AV).
- Adjustment of tool format & scoring rubrics.

**Results**

- Final CNAT: 13 items: I-CVI = .83, S-CVI/UA = .69, S-CVI/AV = .95.
- Scoring systems: Likert scale: frequency, assistant level.
- Scoring rubric: 4 levels & types of caregiver support.

**Discussion and Conclusions**

CNAT is an evidence-based, valid, comprehensive, & user-friendly tool for determining caregiver need and support.

- Caregiver need: a complex concept: ADL + pattern of living, family system, & environmental factors.
- Safety was more important than cognitive status.
- Bathing was not considered a part of ADL.

**Limitations:**

- Expert opinions: subjective, limited to SNF setting.
- Inclusion of 3 items with low I-CVI values.

**Recommendations:**

- Future assessment for scale psychometric adequacy, internal consistency, reliability, equivalency, & predictability.
- Validate in other settings.