

The interRAI Check-Up

The interRAI Check-Up (CU) is a self-reported instrument that can be used to identify persons who may be especially vulnerable. It takes about thirty minutes to complete, and can be used in a wide variety of health care settings.

Why we developed this assessment instrument

The interRAI Check-Up was originally created to support programs that addressed the needs and of people living independently in the community. It has since been extended to cover use in primary care practices and to support COVID-19 efforts. Conducting comprehensive assessments on clients with social and medical complexity provides clinicians with a holistic view of patient health and supports informed care planning.

How to use the interRAI Check-Up

The interRAI Check-Up is a tool with roughly 90 items that can be administered by health care professional or lay persons over the phone, video conference, or in-person with patients and/or caregivers. It can be accessed with Raisoft.net, a web-based software solution which has been implemented in countries around the world.

In the end, a patient health report is generated that identifies health concerns, including:

- Cognition and communication
- Mood and Well-being
- Activities of daily living
- Nutrition
- Clinical complications
- Hearing and vision
- Functional ability
- Health conditions and disease
- Health service use
- Social and financial challenges



The interRAI Check-Up results can be used to:

- Identify persons who need urgent medical attention
- Identify vulnerable persons at risk of clinical decline
- Prioritize client needs that can be addressed by a clinician
- Monitor and support management of risks related to underlying medical issues, functional problems, distressed mood, or social isolation over time



You can go back to a client's profile anytime and monitor their progress over time after the completion of multiple assessments. You can also see how your organization is doing as a whole with the analytics tool, which offers comprehensive reports without person identifiers.

How can I access this software?

For any questions or to access the demo site, contact:

- George Heckman, MD (ggheckman@uwaterloo.ca)
- Sophie Hogeveen, PhD (sophie.hogeveen@uwaterloo.ca)
- Amanda Nova, BSc (aanova@uwaterloo.ca)

