

SHOW SOMEBODY YOU CARED ASSESSMENT TOOL

The **CARED Assessment Tool** can help Community Connectors identify the signs of social isolation and loneliness and decide if somebody should be referred to appropriate community resources. Ask the following CARED questions:

		Strengths	Limitations
Connections	In the <u>past week</u> , how often did you feel lonely? Never or rarely (less than 1 day)___ Sometimes (1-2 days) ___ Often (3-4 days) __ Almost Always (5-7 days)___	Never or rarely lonely 0	Lonely sometimes+ 1
Activities	Do you participate in 2 or more social activities <u>per month</u> ? AND/OR Do you work? Yes ___ No ___	Yes 0	No 1
Relationships	In <u>past month</u> , have you gotten together with any one of the following, at least once? Friends ___ Neighbours ___ Children ___ Relatives ___	Yes 0	No 1
Emergency contact	Do you have someone that you could <u>ask for help</u> (e.g., if you were sick)? AND/OR Do you have an emergency contact? Yes/Most of the time ___ No ___	Yes 0	No 1
Dwelling	Do you live with other people? AND/OR Do you feel safe in your dwelling? Yes ___ No ___	Yes 0	No 1
		Total ___/5	(3+=disconnected)

Add up the number in the far right column, giving one point for each the five criteria. The total score ranges from 0-5. A score of 3-5 means the person is socially isolated or socially disconnected (i.e., lacks social contact, support, and/or is lonely) and should be referred to appropriate community resources. A score of 1 or 2 means the person is at risk; referral may still be useful – keep the conversation going. A score of 0 means the person is not socially isolated or socially disconnected, but watch for possible changes.

