

The Care and Needs Scale

What information will I gain from the Care and Needs Scale?

The Care and Needs Scale (CANS) can be used with older adolescents and adults (16 years and older) to capture information about the type and level of support needs experienced following an acquired brain injury. It consists of two sections: (1) a needs checklist, and (2) support levels.

The 28-item needs checklist samples the types of activities that are most frequently affected after brain injury. Checklist items range from very basic needs (e.g., tracheostomy management, eating) through to activities of daily living (e.g., domestic tasks) and social participation activities.¹ The focus of the checklist is on functional activities, rather than impairments.

Support Levels are categorised into one of five groups dependent on type of activities the person needs support for, and then a support level is assigned depending on the length of time an individual can be left alone. Support levels cover the extent, intensity and frequency of care and support need. A rating is made in one of eight categories, which range from 0 (living independently in the community) to 7 (requires support, assistance, or supervision 24 hours per day).



¹ <https://www.sydney.edu.au/medicine-health/our-research/research-centres/john-walsh-centre-for-rehabilitation-research.html>

How long does it take to administer the measure?

The assessment takes around 15 minutes to complete. The CANS is intended to be administered by health professionals with experience working with people with brain injury. There is a detailed manual available to guide administration, and the CANS was recently updated.¹

How do I report or score the measure?

There is detailed manual available with rating information. The manual also includes case examples.

How do I get more information on, or access to, the Care and Needs Scale?

[You can download the manual and Care and Needs Scale here.](#)



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