

**WAC 388-106-1931 What are the TCARE screening measures?** The following six TCARE screening measures and response options will be presented to your caregiver in order to receive step two services and to determine whether a TCARE assessment is needed for step three services:

(1) Identity discrepancy: The following are some thoughts and feelings that people sometimes experience when they assist their receiver:

(a) I am not always able to be the person I want to be when I am with my care receiver.

(b) It is difficult for me to accept all the responsibility for my care receiver.

(c) I am not sure that I can accept any more responsibility than I have right now.

(2) Relationship burden: Have your caregiving responsibilities:

(a) Caused conflicts with your care receiver?

(b) Increased the number of unreasonable requests made by your care receiver?

(c) Caused you to feel that your care receiver makes demands over and above what they need?

(3) Objective burden: Have your caregiving responsibilities:

(a) Changed your routine?

(b) Left you with almost no time to relax?

(4) Stress burden: Have your caregiving responsibilities:

(a) Depressed you?

(b) Caused you to worry?

(5) Depression: How many days have you felt this way in the past week?

(a) Had trouble keeping your mind on what you were doing?

(b) Felt depressed?

(c) Felt hopeful about the future?

(d) Had restless sleep?

(6) Uplifts: Have your caregiving responsibilities:

(a) Given your life more meaning?

(b) Made you more satisfied with your relationship?

(c) Given you a sense of fulfillment?

[Statutory Authority: RCW 74.08.090 and 74.39A.030. WSR 22-18-004, § 388-106-1931, filed 8/25/22, effective 9/25/22. Statutory Authority: RCW 74.08.090. WSR 18-08-033, § 388-106-1931, filed 3/27/18, effective 4/27/18.]