

Guidance on using direction of care codes

At the start of an episode of care, it may be useful to record what the objective of the intervention is, in terms of whether the aims are to:

- Improve
- Sustain
- Manage decline

When analysing outcomes data on the ROOT, it is possible to filter by these three categories in order to explore whether the objectives and the outcomes are aligned. This feature is optional and has been added should you wish to use it.

Definitions for each of the direction of care codes, as developed by the authors of the TOM, are provided below:

Direction of care code	Definition
Improve	The underlying cause/medical diagnosis indicates that the condition leading to referral would support the direction of care to lead to improvement in the impairment and/or additional domains. The expectation would be that intervention is required to improve overall performance/ability.
Sustain	The underlying cause/medical diagnosis indicates that the condition leading to referral would support the direction of care to sustain performance in 3 domains with improvement possibly expected in one domain. Expectation would be that rehabilitation input is required in order to maintain performance.
Manage decline	The underlying cause/medical diagnosis indicates that the condition leading to referral would support the direction of care to reduce the speed of inevitable decline.

References

Enderby, P. and John, A. (2019) *Therapy Outcome Measures User Guide*, Croydon: J&R Press Ltd

Enderby, P. and John, A. (2025) *Therapy Outcome Measure Handbook: Theory, User Guide and Scales*. J&R Press Ltd