

# **OCCUPATIONAL THERAPY LEVELS 2.4 –2.8 CARE GIVER GUIDE**

**Allen Cognitive Level Screen (ACLS):**

**Date/Time screened:**

**Screened by:**

The Allen Cognitive Level Screening (ACLS) is a standardized measurement of current cognitive functioning. During illness, stress, or medication stabilization cognitive performance may be affected and can interfere with an individual's daily functioning. The occupational therapy recommendations listed below are suggestions for the caregiver and are meant to facilitate the best ability to function within the least restrictive environment.

## **Requires 24 hour close on site supervision**

**Prevent the tendency to resist care by allowing extra time for everything**

**A consistent environment and routine is recommended**

**Communicate using clear and concise statements**

### **Medication Management**

- Caregiver must assume all responsibility since the patient is unable to understand necessity, timing, or side effects.

### **Nutrition**

- Caregiver must provide total set up and assume all responsibility for dietary restrictions/provide a balanced diet, and offer liquids frequently.

### **Monitor swallowing:**

- Follow all swallow precautions: positioning, texture of foods, cut food into small pieces.
- Monitor that medications are completely/appropriately swallowed.

### **Feeding:**

- Use verbal and demonstrative cues to prompt to continue eating.
- May require being fed all or most of meal.
- Remove small non-edible items from reach.
- Use a bib or towel to prevent clothing from becoming dirty.
- Prevent burns by monitoring the temperatures of drinks within arm's reach.
- Prevent spills by filling cup partially full or use of a lid/straw.

### **Bathing**

- Verbally cue and/or use hand over hand assistance, as needed.
- Use tub bench for showering to prevent falls.
- Install grab bars, tub mat, hand held shower and cues/assist to use.

### **Dressing**

- Dress in a seated position to prevent falls and the possible *fear* of falling.
- Cue to move body part/limb during dressing and rehearse naming each body part.

- Safe and comfortable footwear will help to prevent falls.

### **Toilet Use**

- Assist and cue to use toilet every two hours and 30 minutes after meals and to the location of the toilet.
- Personal hygiene requires assistance.

### **Mobility and Positioning**

- Provide safe space to wander within range of visual supervision.
- Recommend active or passive range of motion exercises one or more times per day to prevent muscle weakness, contractures and loss of range.
- Remind and assist with any equipment required for safe ambulation: walker, cane-as often as necessary.
- Proper positioning may improve posture & cognition, and helps to prevent sores.
- Use seat cushions/wedges to position correctly & prevent slipping or slouching.
- Use a lap tray, as appropriate.
- Transfer safety: use a count of three and verbal and/or physical cues for where to place hands and/or feet.

### **Safety**

- Barricade open stairwells, use intercom, and install security doors or locks.
- Leave bed side-rails down to prevent climbing over and/or falling.
- Perceptually they may require cues for barriers below the knee (steps, curbs, roots, items on floor, side of tub, coffee table), or may be overly aware of floor patterns.
- Remove unsteady furniture or bathroom towel racks they may grab onto for support. Install proper/safe handrails and cue to use.
- They may grab onto things and have difficulty letting go of objects. Offer something else to hold (face cloth).
- Offer soft object(s) for patient to hold if they tend to hit, scream or kick –remember this is often a sign of gravitational insecurity.

### **Leisure/Environment**

- Include pleasurable and enjoyable experiences every day.
  - Music: favorite songs, singing, and movement are often enjoyed. Multi-sensory engagement is often successful.
  - Provide assisted activities for movement or active assisted range of motion daily.
  - May enjoy walking \_\_\_\_\_.
  - Provide a calm but sensory rich environment
  - It is important to determine the types and amounts of stimulation the person is able to tolerate at different times of the day and to prevent sensory deprivation.
- Refer to enclosed “sensory diet” form for additional recommendations.

### **Reference**

Allen, C.K., Blue, T., & Earhart, C. (1995). *Understanding Cognitive Performance Modes*. Ormond, Florida: Allen Conferences.

Compiled by: Tina Champagne M.Ed., OTR/L Allen Authorized Advisor ~ 12/2003 rev