

OCCUPATIONAL THERAPY LEVELS 4.6 – 4.8 CAREGIVER GUIDE

Allen Cognitive Level Screen (ACLS):

Date/Time screened:

Screened by:

The Allen Cognitive Level Screen (ACLS) is a standardized assessment 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 client and/or those providing assistance and are meant to facilitate the best ability to function within the least restrictive environment.

To live alone in the community, the following is recommended within a safe environment with well-established routines and rehearsed safety plans:

- **Daily Supervision**
- **Weekly Supervision**

Transportation

- Assistance is required to determine the most realistic, safe and functional transportation option(s)-and to assure set up/availability.
- Alternative transportation options may include_____.

Medication

- Provide supervision for accurate medication management and monitoring of effects.
- Assistance for recognizing the ongoing need to take medications may be required; ongoing reminders and education are often helpful.
- Additional recommendations: _____.

Nutrition and Cooking

- Assistance to assure the following of any dietary restrictions is strongly recommended.
- Balanced meal planning, shopping and cooking require assistance. Use of appliances with automatic shut-off may be helpful.

Safety

- The client may underestimate or inconsistently anticipate potential hazards within their environment. Therefore, recommend frequent safety checks to the environment.
- Recommend set up of home/environment to promote safety:
 - Installation of tub bench or seat, grab bars and a hand held shower.

- Adjust hot water thermostat to avoid scalding.
- Remove unsteady furniture, small rugs and objects from the floor.
- Frequently review safety rules and routines (e.g., wet floors, no smoking in bed, fire escape routes).
- Supervise the use of power tools and/or heavy equipment.
- Supervision is recommended for pet or childcare.

Dressing and Hygiene

- Reminders *may* be required to wash & dress regularly/appropriately.
- Verbal prompts for attention to details may be required.
- Remind to use sunscreen, especially if medications increase skin sensitivities.
- Laundering clothing may require assistance.

Money and Time Management

- Allow extra time, especially for novel tasks/situations.
- Assist to establish and maintain a daily routine. Use of a large calendar in plain sight is recommended, although use may require ongoing assistance.
- Involve in familiar household tasks with verbal instructions (e.g. sweeping, washing dishes, folding laundry, and cleaning tables).
- Assist to incorporate social and leisure activities into a daily routine.
- Money management may require total or close supervision.

Learning Strategies

- Provide cues to assist with staying focused on the present task.
- Verbal skills may be better than novel task performance abilities and may be deceiving.
- Teach tasks using demonstration, verbal instruction, slow pace and repetition (2-3 steps at a time).
- Learning within one environment does not guarantee the ability to generalize to another. Provide assistance within new situations or environments.
- Avoid giving directions over the phone.
- Allow the client to experience cause & effect as appropriate.
- Remember that only the immediate consequences of actions may be recognized. Learning is often through repeated trial and error.
- The individual may have difficulty with impulsivity and require assistance to recognize when this becomes problematic—socially and/or functionally.
- Assistance is required for realistic planning, goal setting and follow through.
- Refer to enclosed “sensory diet” guide for additional recommendations.

Reference

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

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