

# **OCCUPATIONAL THERAPY LEVELS 5.0-5.2 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, weekly supervision is recommended in a safe environment with a well established routine and safety plan(s).**

### **Transportation**

- Assistance may be required to determine safe and functional transportation options, and to assist with the set up and/or availability.
- Additional recommendations: \_\_\_\_\_.

### **Medication**

**Assistance is often required for recognizing the need for the ongoing medication compliance and for understanding medical concepts.**

- Supervision for medication management and monitoring of effects is recommended.
- Assistance is recommended to create and consistently utilize a medication schedule.
- Assistance is required for recognizing the importance of taking medications *as directed*.
- The use of a weekly pillbox or bubble packaging may be helpful.
- Additional recommendations: \_\_\_\_\_.

### **Nutrition and Cooking**

- Balanced meal planning and shopping may require assistance.
- Assistance for ongoing recognition of the benefits of a healthy diet is recommended.
- Use of appliances with an automatic shut-off may be helpful.

### **Money Management**

- Assistance may be required for banking, paying bills/check writing, weekly/monthly budgeting, planning for unforeseen expenses, and the future.

- ❑ Overspending/credit problems or under spending are often problematic and a significant source of stress.

### **Time Management**

**The following are often helpful tools for time management although assistance may be required to develop and utilize appropriately:**

- ❑ Checklists
- ❑ Use of daily/weekly planners
- ❑ Use of a calendar
- ❑ Dry erase boards

**Structure is recommended to support and maintain recovery. The following options have been explored:**

- ❑ Partial hospitalization program/out-patient program:
- ❑ Day Program:
- ❑ Volunteer work/Employment:
- ❑ Educational Program:
- ❑ Other:

**Assistance may be required to establish a balance of work, rest, leisure, and exercise opportunities into the daily/weekly routine, and for follow through - as appropriate.**

- ❑ Refer to the “sensory diet” guide for techniques determined useful this hospitalization, and assist with incorporating the techniques into the routine and/or environment, as appropriate.

### **Learning Strategies**

- ❑ Provide cues to assist with staying focused on the present task.
- ❑ Verbal skills may better than novel task performance abilities, and may be deceiving.
- ❑ May work at a slow pace.
- ❑ Learning within one environment does not guarantee the ability to generalize to another. Therefore, assistance is recommended within new situations or environments.
- ❑ Avoid giving directions over the phone.
- ❑ Remember that only the immediate consequences of actions may be recognized. Learning is often through 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.

### **Reference**

**Allen, C.K., (1999). *Structures of Cognitive Performance Modes*. Ormond, Florida: Allen Conferences.  
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