

ACL AT A GLANCE – Beginner’s Tips

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Score must be established by ACL trained clinician

CONSIDER SOCIAL STANDARDS – ACL 5.6

Ability to learn **new tasks** similar to 17 year old person

LIVES ALONE AND WORKS

FUNCTIONAL CHARACTERISTICS	BEST APPROACH	ROLE OF THERAPY
<ul style="list-style-type: none"> • May not anticipate unusual situations (travel - practices and cultures outside their own experience) 	<ul style="list-style-type: none"> • Encourage ability to evaluate own functional ability and judge when they are not at Level 6 (fully independent, able to plan, create designs, systems, theories) & determine impact on safety 	<ul style="list-style-type: none"> • Check ability to reliably follow safety instructions (will need training)
<ul style="list-style-type: none"> • Social interactions better than ACL 5.4 – appreciates other points of view, has manners 	<ul style="list-style-type: none"> • Consult re: appropriate type, brand, cost of medications applies to personal use 	<ul style="list-style-type: none"> • Check ability to anticipate problems, alter pace, inhibit impulses
<ul style="list-style-type: none"> • Sees need to cooperate, but is unskilled (sorry) loser 	<ul style="list-style-type: none"> • Encourage ability to use written directions and diagrams without a sample (recipe) 	<ul style="list-style-type: none"> • Check memory of safety precautions (should be good)
<ul style="list-style-type: none"> • Personal needs win over unselfish ideals 	<ul style="list-style-type: none"> • Encourage ability to compare diets 	<ul style="list-style-type: none"> • Check ability to follow exercise program (should be good)
<ul style="list-style-type: none"> • Negotiates – but compromise seen as loss. Cannot see “greater good” 	<ul style="list-style-type: none"> • Encourage ability to get organized – gather supplies before starting task 	<ul style="list-style-type: none"> • Check ability to read instructions before starting work
<ul style="list-style-type: none"> • Likely to get busy with task – lose track of time 	<ul style="list-style-type: none"> • Ask about current trends 	<ul style="list-style-type: none"> • Check ability to use medical reference
<ul style="list-style-type: none"> • Accurately uses telephone directory and telephone – time zone, cost, 911, adjusts to time/ circumstances 	<ul style="list-style-type: none"> • Provide guidance with money management – long term plans, investments 	<ul style="list-style-type: none"> • Coach to improve skills with verbal conflict
<ul style="list-style-type: none"> • May have shame about use of medications for chronic conditions 		<ul style="list-style-type: none"> • Match adaptive equipment to ACL level and mode
<ul style="list-style-type: none"> • Remembers safety precautions 		<ul style="list-style-type: none"> • Check ability to consider needs of others
<ul style="list-style-type: none"> • Able to change pace to match time limits 		
<ul style="list-style-type: none"> • Accurately follows exercise program 		

Please refer to **At Home With Allen Cognitive Levels** by Mary Platt, OTR/L for clinical assessment and intervention

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FALL PREVENTION PRECAUTIONS

CARE PROVIDER’S ROLE

Recognizes physical disability and accepts usefulness of adaptive equipment

Understands and remembers safety instructions

- MONITOR MEDICATIONS THAT CONTRIBUTE TO FALLS. MORE THAN 4 MEDICATIONS OF ANY KIND = FALLS

- Advocate for therapy program/medical needs

- Stand by assistance to anticipate hazards and remember safety precautions

- Explain consequences of not following diet or budget limits

- Instruct in safe food handling and storage

- Identify hidden costs

- Plan for long term purchases

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