

ACL AT A GLANCE – Beginner’s Tips

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Score must be established by ACL trained Clinician

CONSULT WITH OTHERS – ACL 5.8

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"> • Not able to anticipate supply needs in new environments 	<ul style="list-style-type: none"> • Encourage abilities: able to generalize and prevent complications 	<ul style="list-style-type: none"> • Check: verbal instructions for secondary effects of transfers, exercise and disease process (joint protection, heart disease etc.)
<ul style="list-style-type: none"> • Pauses to think before acting • Uses tact 	<ul style="list-style-type: none"> • Encourage abilities: able to understand and anticipate consequences of actions (uses reacher and successfully isolates hip flexion) 	<ul style="list-style-type: none"> • Provide coaching re: needs and interests of others and how all needs can be served
<ul style="list-style-type: none"> • Not likely to consider “greater good” or negotiate actions/plans with people who have different interests 	<ul style="list-style-type: none"> • Act as consultant – help to understand that role within the context of care (for both of you) 	<ul style="list-style-type: none"> • Check: read/ understand product labels, ingredients and medication secondary effects (drug interactions)
<ul style="list-style-type: none"> • Varies pace, estimates seconds and minutes 	<ul style="list-style-type: none"> • Collaborate – help with long range planning 	<ul style="list-style-type: none"> • Check: plan one week in advance to procure medications
<ul style="list-style-type: none"> • Uses written instructions and diagrams 	<ul style="list-style-type: none"> • Encourage abilities: able to avoid a fight, works for coalition 	<ul style="list-style-type: none"> • Check understanding of abstract medical concepts
<ul style="list-style-type: none"> • Questions how disability will effect material (not intangible) lifestyle • Not likely to do long range planning 	<ul style="list-style-type: none"> • Encourage abilities: able to efficiently use space 	<ul style="list-style-type: none"> • Check ability to create new strategies for adaptive equipment as needed
<ul style="list-style-type: none"> • Not likely to effectively use abstract thought and reasoning 	<ul style="list-style-type: none"> • Encourage abilities: able to create designs and patterns 	<ul style="list-style-type: none"> • Provide guidance re: long term plans, analyze data to develop plans, help to negotiate, provide guidance in supervising others
<ul style="list-style-type: none"> • Not able to supervise others 		<ul style="list-style-type: none"> • Provide adaptive equipment requiring fine motor adjustments (extended toe nail clipper, button aids, zipper pulls)
<ul style="list-style-type: none"> • Not able to analyze data to develop plans 		<ul style="list-style-type: none"> • Provide coaching re: supplies and resource needs

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

Order: 503-329-4102

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FALL PREVENTION PRECAUTIONS	CARE PROVIDER’S ROLE
Independent use of all adaptive equipment with consideration of safety precautions when instructed	Able to direct actions of new caregiver
• CONSIDER FALL RISKS ASSOCIATED WITH MEDICATIONS. MORE THAN 4 MEDICATIONS OF ANY KIND = FALL RISK	<ul style="list-style-type: none">• Provide stand by assistance as needed• Help with secondary safety considerations as needed
	<ul style="list-style-type: none">• Provide planning and organizational assistance

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