

# ACL AT A GLANCE – Beginner’s Tips

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PLANNED ACTIONS – ACL 6.0		
Ability to learn <b>new tasks</b> similar to 18-21 year old person		LIVES ALONE AND WORKS
FUNCTIONAL CHARACTERISTICS	FUNCTIONAL CHARACTERISTICS	ROLE OF THERAPY
<ul style="list-style-type: none"> <li>• <b>Understands hazards and situations to avoid</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Plans for emergency resulting from medication</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Collaborate for mobility safety</b></li> </ul>
<ul style="list-style-type: none"> <li>• Capable of abstract thought, conjecture and theory</li> <li>• Speculates about the future</li> </ul>	<ul style="list-style-type: none"> <li>• </li> </ul>	<ul style="list-style-type: none"> <li>• Collaborate in anticipating needs, identifying hazards, equipment needs and therapeutic approaches</li> </ul>
<ul style="list-style-type: none"> <li>• Uses theories and experience to evaluate potential action</li> </ul>	<ul style="list-style-type: none"> <li>• Takes medication as prescribed</li> </ul>	<ul style="list-style-type: none"> <li>• Collaborate to consider and plan for abstract effects of adaptive equipment (gravity, chemical reactions, evaporation)</li> </ul>
<ul style="list-style-type: none"> <li>• Able to supervise others</li> <li>• Mentors others</li> <li>• Demonstrates flexibility with changes</li> </ul>	<ul style="list-style-type: none"> <li>• Plans to procure medications</li> </ul>	<ul style="list-style-type: none"> <li>• Collaborate to design equipment to meet unique needs</li> </ul>
<ul style="list-style-type: none"> <li>• Able to anticipate supply needs in new environments</li> </ul>	<ul style="list-style-type: none"> <li>• Checks for adverse side effects of medications</li> </ul>	
<ul style="list-style-type: none"> <li>• Exhibits empathy (understanding) of other people’s needs</li> </ul>	<ul style="list-style-type: none"> <li>• Limits conversation for convenience of others</li> </ul>	
<ul style="list-style-type: none"> <li>• Considers “greater good”</li> </ul>	<ul style="list-style-type: none"> <li>• Independently plans new telephone calls while considering cost, schedules, times zones, best method</li> </ul>	
<ul style="list-style-type: none"> <li>• Analyzes data to develop plans</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates flexible self control</li> </ul>	
<ul style="list-style-type: none"> <li>• Varies pace according to needs of others and self</li> </ul>	<ul style="list-style-type: none"> <li>• Copes with envy by using symbols, substitutes values for the thing desired</li> </ul>	
<ul style="list-style-type: none"> <li>• Takes responsibility for own happiness and life purpose</li> </ul>	<ul style="list-style-type: none"> <li>• Considers multiple hypothetical options for actions and risks</li> </ul>	
<ul style="list-style-type: none"> <li>• Negotiates actions &amp; plans with people who have different interests</li> </ul>	<ul style="list-style-type: none"> <li>• Uses written plans</li> </ul>	

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

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## PLANNED ACTIONS – ACL 6.0

Ability to learn **new tasks** similar to 18-21 year old person

LIVES ALONE AND WORKS

### FALL PREVENTION PRECAUTIONS

Independent use of all adaptive equipment with consideration of safety precautions when instructed

- Consider fall risks associated with medications

### CARE PROVIDER’S ROLE

- Provide assistance as needed

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