

Rehabilitation and Dementia In practice

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Rehabilitation in Dementia

- Individuals should not be excluded from enablement/rehabilitation on the basis of a dementia diagnosis
(Social Care Institute for Excellence, 2015)
- Where a person's abilities have deteriorated following illness, it is often possible to return them to their baseline level of function.
- It may be that the goal of treatment is about preserving and encouraging a more functional state rather than complete independence.

- Outcomes may be
 - Reducing social isolation
 - Building routine
 - Supporting the carer
 - Learning to live well with dementia
 - Maintaining functional level
- When planning support it is important to see past the diagnosis and gain an in-depth understanding of the person
- SMART Goals

Assessment

- Occupational therapy functional assessment
- Large Allen Cognitive Level Screen
- Pool Activity Level instrument
- Working closely with care givers to determine the individual's baseline level of function

Large Allen Cognitive Levels Screening Tool

- 40 occupational therapists have been trained to use the assessment across the whole health board



What is the Cognitive Disability model?

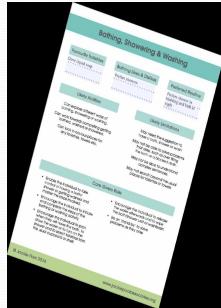
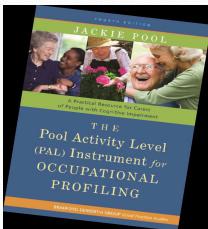
- Is an Occupational Therapy model used when working with people with a cognitive impairment.
- It is used to see what a person *can do, will do and may do*.
- Based on functioning and occupational performance.
- OT uses this model to make appropriate recommendations based on the person engaging in a task.

What is the LACLS?

- The LACLS is used with the CDM to help OT establish a person's present functional abilities.
- It is a practical screening tool which requires the person to follow verbal directions, demonstrations and cues in order to complete the stitches correctly.
- How a person performs in this task helps the OT to tailor any future activities of daily living.
- It assesses individuals at 6 different cognitive levels.
- The scale of these range from level 6 where functioning is deemed normal, to level 1, where the person is assessed as profoundly impaired.

- Enhance guidance for OTs to identify person centred goals and interventions tailored to a person's capabilities,
- Maximise the engagement of the person with dementia and their carer, and to advise others

There are two versions available.



- The PAL Checklist is a carer-rated instrument that identifies the level of cognitive ability that an individual has to engage in activity.
- It includes the development of a profile of the persons likes and dislikes

Pool Activity Level Instrument

- The PAL Checklist covers nine everyday activities: bathing/washing; getting dressed; eating; contact with others; groupwork skills; communication skills; practical activities; use of objects; and looking at a newspaper/magazine.
- Four descriptive statements are provided for each activity.
- The care giver chooses the statement that most accurately describes the individuals performance over the previous two weeks
- The highest scoring level indicates the individuals activity level

By completing the checklist an individual will be assigned a level

Completing the Checklist				Key																														
Thinking of the last 2 weeks, tick the statement that represents the person's ability in each section.				P = Planned level of ability																														
If a tick is not present, then the carer should choose the level of ability that represents their average performance over the last 2 weeks.				E = Extraordinary level of ability																														
You must select one statement for each section.				D = Demerit level of ability																														
Selectors are totalled at the bottom of each column.				R = Reflex level of ability																														
1. Bathing/Washing				<table border="1"><thead><tr><th></th><th>P</th><th>E</th><th>S</th><th>R</th></tr></thead><tbody><tr><td>Can bathe independently, completes with a little help</td><td></td><td></td><td></td><td></td></tr><tr><td>To bathe</td><td></td><td></td><td></td><td></td></tr><tr><td>Wash and soap on hands and one step at a time directions</td><td></td><td></td><td></td><td></td></tr><tr><td>Many relies on others but will wipe own face and hands if asked</td><td></td><td></td><td></td><td></td></tr><tr><td>Totally dependent and needs full assistance to wash or bathe</td><td></td><td></td><td></td><td></td></tr></tbody></table>		P	E	S	R	Can bathe independently, completes with a little help					To bathe					Wash and soap on hands and one step at a time directions					Many relies on others but will wipe own face and hands if asked					Totally dependent and needs full assistance to wash or bathe				
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- The PAL Instrument includes an Activity Profile for each activity level.
- These profiles outline the likely abilities and limitations of a person at that activity level.
- They also provide guidance to care-givers on how best to engage and enable an individual at that activity level.

Planned level

- Can use cognitive skills to complete an activity (but may have difficulty with problem solving)
- Aware of needs of others
- Can follow simplified speech and language
- Can carry out activities independently with 'stand-by' assistance

Exploratory level

- Can carry out familiar and simple activities in familiar surroundings
- Spontaneous and creative
- Will find simple directions and memory aids helpful

Sensory level

- Concerned with sensations
- Can carry out single step activities
- May need a demonstration of actions

Reflex level

- Movement is a reflex response to sensation
- Responds best to single sensations
- Needs opportunity to receive information through the range of sensory modalities
- Can develop therapeutic relationships through the use of sensitive communication skills

- Case Studies