

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 deterioration 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?

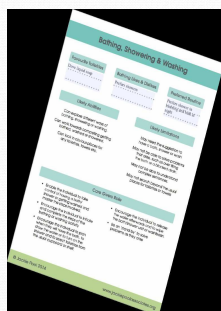
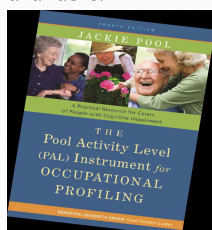
- Is an Occupational Therapy model used when working with people with a cognitive impairment.
- It is used to see what a person *can do*, *will do* and *may do*.
- Based on functioning and occupational performance.
- OT uses this model to make appropriate recommendations based on the person engaging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

Jackie Pool
Pool Activity Level (PAL) Checklist

(PAL Pool, 1 (2012) The Pool Activity Level (PAL) Instrument for Occupational Profiling, Jackie Phipps, published 2012)

Completing the Checklist
Thinking of the last 2 weeks, fill in the statement that represents the person's ability in each section.
If it could, about once a week or more often, choose the level of ability that represents their average performance over the last 2 weeks.
You must select one statement for each section.
Selections are totalled at the bottom of each column.

Key
P = Partial level of ability
E = Extensive level of ability
B = Basic level of ability
N = None level of ability

Activity	P	E	B	N
1. Bathing/Washing				
2. Getting Dressed				
3. Eating				
4. Contact with others				
5. Groupwork skills				
6. Communication skills				
7. Practical activities				
8. Use of objects				
9. Looking at a newspaper/magazine				

- 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