



# Supporting the person who is at an **EXPLORATORY** Level of Ability

(Pool J (2012) The Pool Activity Level (PAL) Instrument. Jessica Kingsley publishers, London)



At this level, the person is likely to be able to:

- ✓ Carry out very familiar tasks in familiar surroundings
- ✓ Enjoy the experience of the activity more than an end result
- ✓ Complete a multi-step activity if it is broken down into 2-3 steps at a time

To find out the PAL level of ability of the person, get the free PAL Instrument download at this link:

<https://www.qcs.co.uk/hug>

## TO HELP THE PERSON RELATE TO HUG

### POSITION OF HUG

Ensure that HUG is kept in the person's line of vision (e.g. on a chair next to the bed; on a chest of drawers next to a favourite chair).

### VERBAL DIRECTIONS

Give verbal guidance in simple short sentences and repeat them if needed. Allow time for the person to process the guidance.

### DEMONSTRATED DIRECTIONS

Break the activity down into 2-3 steps at a time and show the person how to hold HUG and how to put it back after use.

### WORKING WITH OTHERS

The person will rely on you to make the suggestion to hold HUG, perhaps if they are showing signs of distress.

### ACTIVITY CHARACTERISTICS

HUG might not be used in its intended way. The activity can be creative and spontaneous (e.g. singing to HUG or dressing it).