



Supporting the person who is at a **SENSORY** 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:

- ✓ Mainly respond to sensations
- ✓ Carry out single step activities
- ✓ Respond to demonstrated directions

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 the person becomes aware of HUG by making bodily contact.

VERBAL DIRECTIONS

Limit requests to carry out actions to the naming of the action needed to engage with HUG (eg. "lift your arm").

DEMONSTRATED DIRECTIONS

Demonstrate to the person by hugging HUG. Break the activity down into 1 step at a time.

WORKING WITH OTHERS

Approach the person and make the first contact. Use touch and the person's name to sustain the connection.

ACTIVITY CHARACTERISTICS

The activity is used as an opportunity for a sensory experience. This may be multi-sensory. Repetitive actions are appropriate.