



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

- ✓ Explore different ways of carrying out activities
- ✓ Work towards completing a task with a tangible result
- ✓ Look in obvious places for any objects

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 a usual and familiar place when not in use so the person can find and use it independently.

VERBAL DIRECTIONS

Explain how to switch the music on in HUG. Use clear and short spoken directions and encourage the person to practice each set of steps.

DEMONSTRATED DIRECTIONS

Show the person how to avoid possible errors such as not putting the music box back correctly into HUG.

WORKING WITH OTHERS

Enable the person to take charge of decisions about when and how to use HUG.

ACTIVITY CHARACTERISTICS

The activity of using HUG is identified by the person as having a purpose, such as to help with reducing anxiety or for comfort and a process, such as switching the music on and off.