



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

- ✓ Move as a reflex response to sensation
- ✓ Respond best to single sensations
- ✓ Respond emotionally to therapeutic connection

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

Direct stimuli to the area of body being targeted (eg. stroke the person's arm before placing it around HUG).

VERBAL DIRECTIONS

Limit spoken directions to movement directions (eg. "Lift", "Hold"). Use a warm, reassuring tone and adapt volume to establish a connection with the person.

DEMONSTRATED DIRECTIONS

Guide movements by using hand-under-hand support to hold or stroke HUG.

WORKING WITH OTHERS

Maintain eye contact, make maximum use of facial expression, gestures and body posture for a non-verbal conversation. Use social actions which can be imitated eg. smiling, waving, shaking hands.

ACTIVITY CHARACTERISTICS

The activity focuses on a single sensation: touch, smell, sound, sight.