



# 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:

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## 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.



# 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

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## 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).



# 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 responding to sensations
- ✓ Able to carry out single step activities
- ✓ In need of a demonstration of actions

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## 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.



# 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:

- ✓ Moving as a reflex response to sensation
- ✓ Responding best to single sensations
- ✓ Able to respond emotionally to therapeutic connection

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## 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.