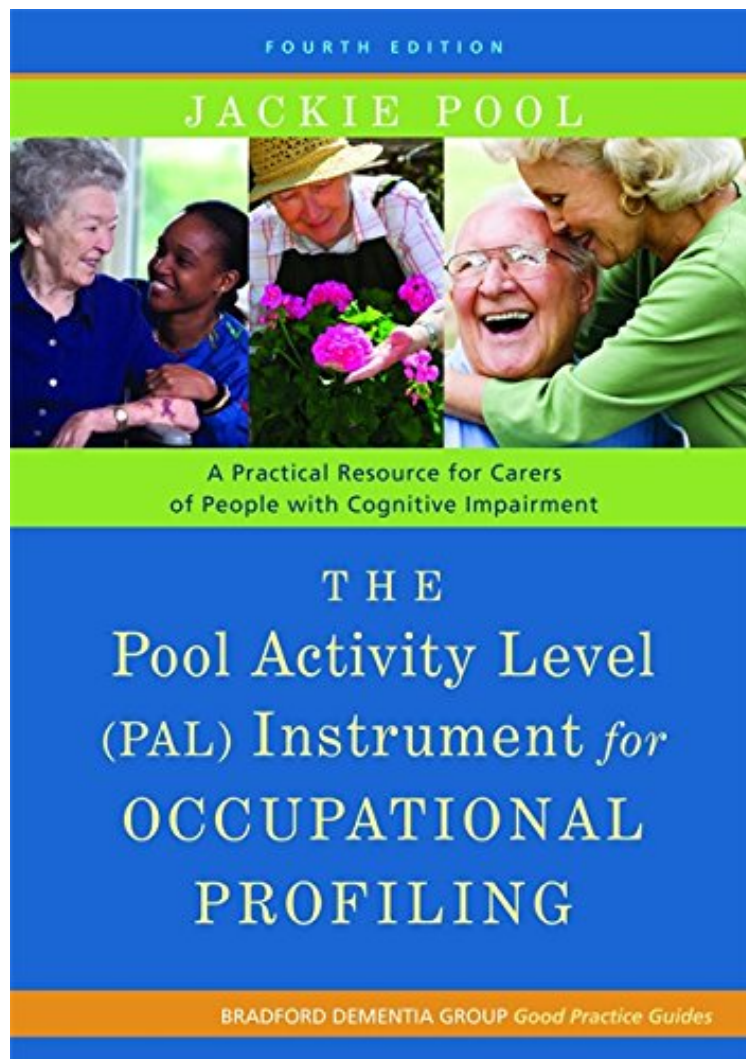


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The Pool Activity Level (PAL) Instrument for Occupational Profiling: A Practical Resource for Carers of People with Cognitive Impairment Fourth ... of Bradford Dementia Good Practice Guides)

Jackie Pool

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The Pool Activity Level (PAL) Instrument is widely used as the framework for providing activity-based care for people with cognitive impairments, including dementia. The Instrument is recommended for daily living skills training and activity planning in the National Institute for Clinical Excellence Clinical Guidelines for Dementia (NICE 2006), and has been proven valid and reliable by a recent research study. It is an essential resource for any practitioner or carer wanting to provide fulfilling occupation for clients with cognitive impairments. This fourth edition of The Pool Activity Level (PAL) Instrument for Occupational Profiling includes a new section on using the PAL Checklist to carry out sensory interventions, together with the photocopyable Instrument itself in a new easy-to-use format, and plans that help to match users' abilities to activities. It includes the latest research on the use of the PAL Instrument in a range of settings, and new case studies, as well as information about how a new online PAL tool complements and supports the book. The book also contains suggestions for activities, together with information on obtaining the necessary resources and guidance for carrying out the activities with individuals of different ability levels, as revealed by the PAL Checklist.

The purpose of this book is to provide a method to promote occupation and activity among people with a range of cognitive impairments... The PAL instrument provides clear instructions to engage people in activity and provides examples of activities in daily living... This edition also contains additional case studies which are particularly useful to assist with applying these in a practical everyday way... This addition adds a new focus to the sensory level of functioning and provides valuable insight into the importance of sensory stimulation and the impacts of sensory deprivation within dementia, while examining how to overcome these challenges within activity. -- www.nice.org.uk
This practical resource for the implementation of the Pool Activity Level (PAL) is an easy to use assessment, treatment guide and outcome measure of occupations in those living with cognitive impairment. -- *British Journal of Occupational Therapy*
This isn't another exercise in form-filling to look good; it's packed with photocopyable "instruments" and plans, and very believable case studies. Highly recommended. -- *Caring Times*
The assessment tools helped us devise activities for a gentleman that suited his abilities at that moment in time. He came out at sensory level so we have now been able to look at activities that he is able to manage comfortably and he is happier. We have now made a weekly plan for him, at his own level and with a variety to suit his mood and cognition on that day. It has made such a difference and improved his days. The book was an essential tool for us to be able to identify his functional ability and then obtain resources to develop meaningful activities for him. This has not only improved his day but also that of others who do not have dementia but have enjoyed the group activities. We are going to use the tool for all of them so their activities can be more tailored to their individual needs. The book was more than worth the money I paid for it and has opened up a stream of ideas from staff. -- Anne Boulton, Manager, Southend-on-Sea Borough Council
The purpose of this book is to provide a method to promote occupation and activity among people with a range of cognitive impairments... The PAL instrument provides clear instructions to engage people in activity and provides examples of activities in daily living... This edition also contains additional case studies... Overall, the Pool activity instrument for Occupational profiling appears to be gaining in strength, direction and increasing its evidence base. Its use, ability and practical applications continue to grow and when used effectively promotes occupation in an effective person centred way. -- Katie Glare, Occupational Therapist * *Signpost* *
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