




**Reducing the Risk of Falls
& Injuries in the
Early Stages of Cognitive
Impairment**

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OBJECTIVES

1. Describe at least one situation where a resident with Early Stage cognitive changes may be at risk for fall/injury.
2. Describe at least one task modification that can be applied when caring for residents with Early Stage cognitive changes to maximize abilities and minimize falls/injuries.
3. Describe at least one environmental adaptation that can be utilized when caring for residents with Early Stage cognitive changes to maximize abilities and minimize falls/injuries.
4. Describe at least one change to caregiver approach that is recommended when caring for residents with Early Stage cognitive changes to maximize abilities and minimize falls/injuries.

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 **Global Processing/
Functional Cognition**


- Cognitive Disabilities Model
 - CATG
 - ACLS/LACLS
 - ADM Placemat
 - RTI-E
 - EFPT
 - Others....


**Global Cognition/
Medical Model**

- SLUMS
- MoCA
- MMSE
- BIMS
- GDS/BCRS
- AxO (3-4)
- CDRS
- CLQT
- RIPA-G
- ABCD

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 **Cognitive Disabilities
Model**




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Helps Us Know...



- Remaining Abilities (BATF)
- Can Do – Will Do – May Do
- Just Right Challenge

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Too Low


- Loss of Available Skills
- Increased Stress, Boredom
- Decreased Interest
- Decreased Participation

Too High

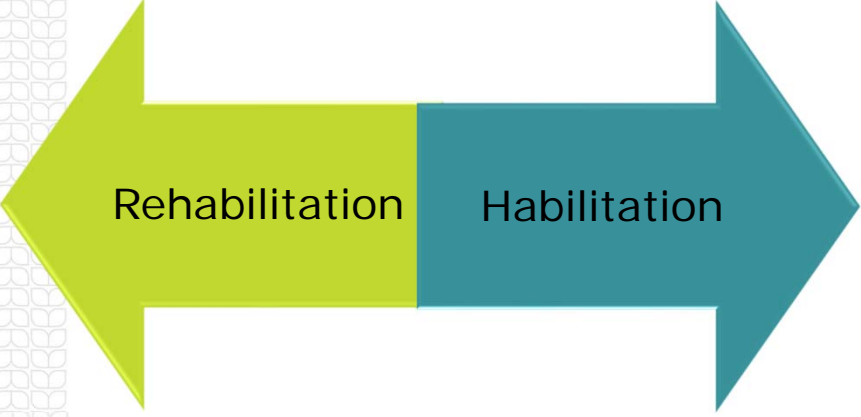
- Safety Errors
- Increased Stress, Frustration
- Fight or Flight Response
- Inability to Perform Task

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When Its Best To...



Rehabilitation Habilitation

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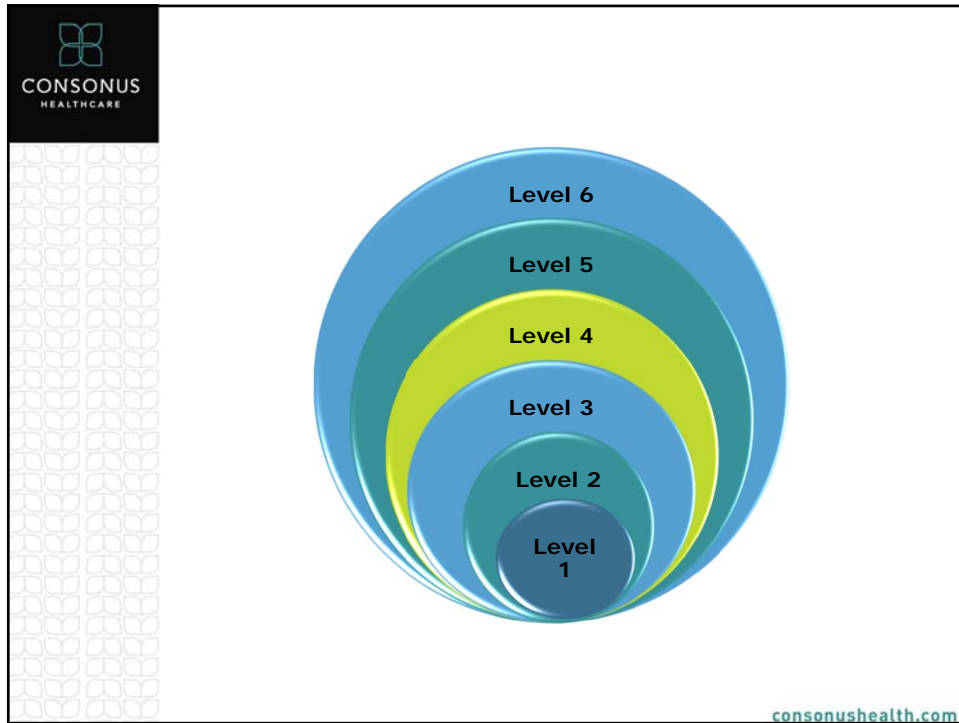


And When We Should...

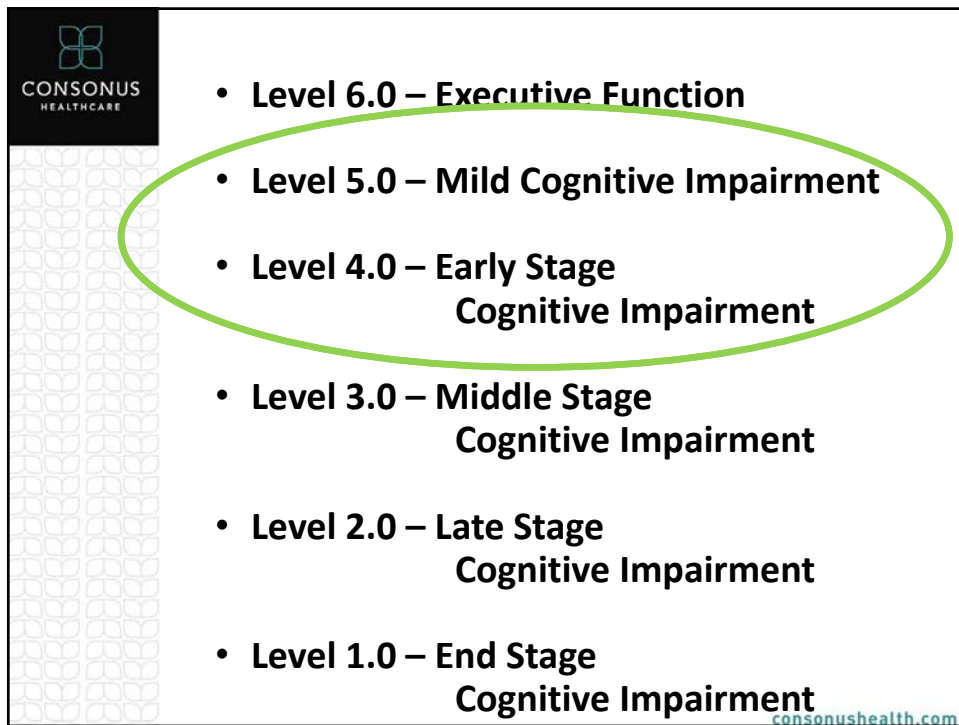
- Change the Task
- Change the Environment
- Change the Approach

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- Level 6.0 – Planned Actions
- Level 5.0 – Independent Actions
- Level 4.0 – Goal Directed Activity
- Level 3.0 – Manual Actions
- Level 2.0 – Postural Actions
- Level 1.0 – Automatic Activities

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Early Stage Cognitive Changes

(CL: 5 – 4, GDS: 3 – 5)

What Abilities Remain?

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Independent Actions to Goal-Directed Activity



hands ON

GOAL

TASK

independent

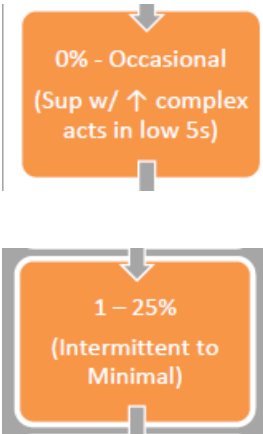
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Cognitive Assist




0% - Occasional
(Sup w/ ↑ complex acts in low 5s)

1 - 25%
(Intermittent to Minimal)

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Cognitive Level	Visual Attendance
ACL 5.0 – 5.8 (and/or GDS 3) <i>NDT Timeline:</i> 13 to 25 y/o	Able to Scan Environment
ACL 4.0 – 4.8 (and/or GDS 4 or 5) <i>NDT Timeline:</i> 4 to 12 y/o	4.6 & 4.8 = Able to Locate Items in Plain Sight 4.0 – 4.6 = Able to Locate Items within 2 - 4 ft

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Cognitive Level	Communication Abilities
ACL 5.0 – 5.8 (and/or GDS 3) <i>NDT Timeline:</i> 13 to 25 y/o	5.6 & 5.8 = WNL , Able to use Complex Written Instruction 5.0 – 5.4 = WNL , Able to use Simple Written Instruction
ACL 4.0 – 4.8 (and/or GDS 4 or 5) <i>NDT Timeline:</i> 4 to 12 y/o	4.4 – 4.8 = WNL , Able to use Complex Communication Boards/Systems 4.0 – 4.2 = Simple Directions, Able to use Simple Communication Boards/Systems

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 **Where Are the Greatest Risks?**



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 **How Can We Best Help & Support?**

How Can We Best Adapt Our Care?

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Task Modifications: Memory Aids

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Task Modifications: Steps & Subtasks


Task Analysis:
Support Users in Achieving Their Goal nngroup.com NN/g

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Environmental Adaptations



visible

USE VISUAL CUES

Find My

This slide illustrates environmental adaptations. It features the Consonus Healthcare logo in the top left. The main title is "Environmental Adaptations". Below the title, there are several visual elements: a pair of red footprints, a green hand icon, and a blue box with the word "visible". A central orange-bordered box contains the text "USE VISUAL CUES" with arrows pointing left and right. Below this box is a photograph of five rolls of colorful tape (red, pink, black, green, purple) on a wooden surface. To the right of the central box is a cartoon face with large eyes and a green circular icon labeled "Find My".

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Environmental Adaptations




This slide illustrates physical environmental adaptations. It features the Consonus Healthcare logo in the top left. The main title is "Environmental Adaptations". Below the title, there are several photographs: a set of stairs with yellow and black safety stripes, a hand using a smartphone to interact with a glowing green light switch, a path of black footprints on a white surface, a pair of black footprints on a tiled floor with a person's feet in white shoes, and a bathroom stall with a toilet and grab bars.

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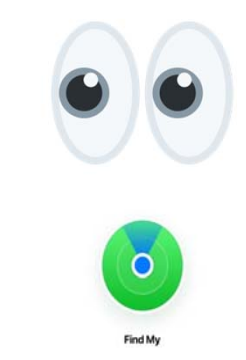
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Environmental Adaptations



visible

USE VISUAL CUES




Find My


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Caregiver Approaches



COLLABORATE



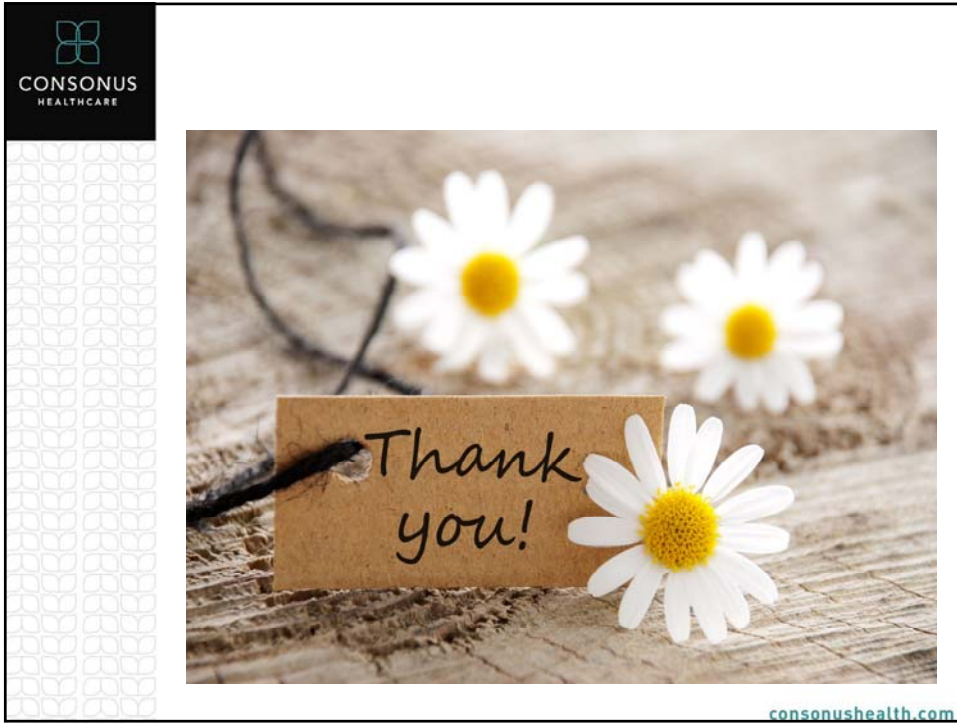
BE CONCRETE



Consistency is

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