

Successful Care Planning for individuals requires careful assessment and profiling of each persons abilities and difficulties.

Developed by Jackie Pool, The Pool Activity Level (PAL) Instrument helps support workers to identify the abilities and limitations of service users. It has become the framework for care in settings across the UK for clients with cognitive impairments caused by conditions related to dementia, strokes and learning disabilities.

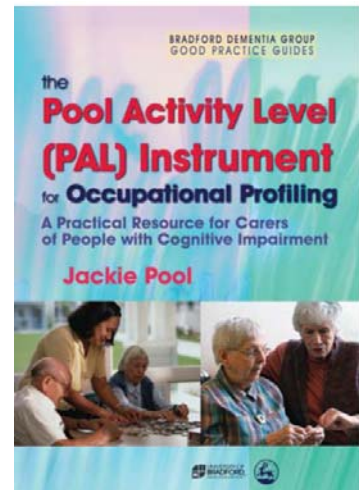
The instrument is standardised and is recommended in the Practice Guideline for Dementia (National Institute for Clinical Excellence (NICE), 2006) for activity of daily living /personal care and for leisure activity planning.

The **JPA Pro**  **Active System**® includes the book that contains the PAL Instrument for your use.

The book also contains information on the background to the instrument, case studies to guide you in it's use and a section on using the profiles to co-ordinate successful leisure activities.

There are several parts to the PAL Instrument:

- Personal History Profile
- Checklist of Function
- Activity Profiles
- Individual Action Plans
- Outcome sheets



The **JPA Pro**  **Active System**® also provides you with the tools to deliver a training session that introduces the Pool Activity Level (PAL) Instrument into your care setting.

- ✓ The CD contains a short PowerPoint presentation and participants handouts
- ✓ The Manual contains a Trainer's Guide to presenting this training session