

# TASK COMPLEXITY AND INTERVENTION METHOD

## Suggestions for Modifying a Task to Address Cognitive Abilities

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1. This model is a method for adapting a task for a person by addressing their cognitive abilities.
2. Choose a task. Note the task components (task steps, task objects, and body parts used) are listed in the horizontal row of the table below, and task features (number, variety, abstractness, and novelty) are listed in the vertical column. Think about the task features and components of the task you chose.
3. Fill in each square of the table with a rating of “**Low**”, “**Moderate**”, or “**High**” to indicate the extent to which each task feature describes each task component of your task. Fill in all twelve squares.
4. Generally, a task with many squares of “high” and “moderate” ratings is very complex and may be difficult for a person with many cognitive needs.
5. Adapt the task by reducing the “high” and “moderate” ratings to “low” in order to simplify the task and help a person perform the task more successfully and independently. Adapting the task could include performing some of the task steps for this person, for example.
6. Since each person is unique, the adaptation of a task needs to be tailored to each individual for each task each time. Don’t make a task too easy or too hard. Use this method with **any task in any setting**.

<i>Task Feature</i>	<i>Task Component</i>		
	<b>Task Steps</b>	<b>Task Objects</b>	<b>Body Parts Used</b>
<b>Number</b>			
<b>Variety</b>			
<b>Abstractness</b>			
<b>Novelty</b>			

### SOURCES:

Weaverdyck, S.E. (1990) “Neuropsychological Assessment as a Basis for Intervention in Dementia”. Chapter 3 in N. Mace (Ed.) Dementia Care: Patient, Family, and Community. Baltimore, Md.: Johns Hopkins University Press.

Weaverdyck, S.E. (1991) “Assessment as a Basis for Intervention” and “Intervention to Address Dementia as a Cognitive Disorder”. Chapters 12 & 13 in D. Coons (Ed.) Specialized Dementia Care Units. Baltimore, Md.: Johns Hopkins University Press.

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See CAIS Task and Daily Routines Intervention Strategies

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