

Cognitive Impairment Intervention Protocol (CIIP) for Task and Daily Routines of a Person with Cognitive Impairment

V. CONSISTENCY

Look for ways to ensure that each time the task is performed, it is:

- With the same caregiver
- Done the same way
- At the same time of day
- In the same place

A. Is the same caregiver assisting each time the task is done?

1. Discern who the best caregiver is to assist with each task.
2. At all times, as much as possible, have the same caregiver help with a given task.
3. Have the same caregiver help even when the primary caregiver has time away from caregiving.
4. When an unfamiliar caregiver must help, provide information about the primary caregiver's routines, so this new caregiver can help perform the tasks in as familiar a way as possible.
5. As this person's needs and preferences change, change to a different caregiver if necessary.
6. When a caregiver is no longer the best caregiver to assist with a given task, then change to a different caregiver.

B. Is the caregiver helping with the task the same way each time?

1. Discern the best way to help this person with each task.
2. Perform a task with this person the same way each time. For example, wash the same part of the body first each time.
3. As this person's needs and preferences change, adapt the way you help with a task.
4. Adapt a task to this person's current desires and needs only as much as necessary, so you can keep the task as familiar as possible.
5. Make the task as predictable as possible to this person, even if this person doesn't seem to know or to be able to say what the task is.

C. Have the task steps become routine and predictable to this person?

1. Break the task down into steps appropriate for this person at this moment.
2. Perform the task steps in an order that meets this person's needs and preferences.
3. Perform the task steps in the same order each time the task is done.
4. Make the task as predictable as possible to this person, even if this person doesn't seem to know or to be able to say what the task is.
5. As this person's needs and preferences change, change the task steps, but only as much as is necessary.

D. Are the same task objects used each time?

1. Help this person choose task objects that are appropriate for her/him.
2. Use the same task objects each time the task is performed.
3. Have several objects that look exactly alike, so when one is lost there are other similar objects to replace it.
4. As this person's needs and preferences change, change the task objects, but only as much as is necessary.

E. Is the task done in the same order with other tasks each time?

1. Help this person choose the best order of daily routine tasks.
2. Help this person perform each routine task in the same order every day, so the routine feels familiar and she/he expects the next task, even if she/he doesn't consciously know the order of the tasks.
3. As this person's needs and preferences change, change the order of tasks, but only as much as is necessary.

F. Is the task done at the same time each day?

1. Help this person choose the best time of day to perform each routine task.
2. Help this person schedule her/his day to perform the tasks the same time every day.
3. As this person's needs and preferences change, change the time of the task when necessary. For example, this person may need to sleep in longer in the morning, or more difficult tasks may need to be spread out over the course of the day to reduce fatigue.
4. If conditions during the task become more challenging at the familiar time of day, choose another time when conditions are less challenging. Examples: Perform difficult tasks when there is less distraction, such as at night when there are fewer sounds. Attend a smaller weekday worship service, rather than a weekend service where the crowd is larger.

G. Is the task done at the same place each time, such as getting dressed in the morning on one side of the room and undressed at night on the other side?

1. Help this person choose a room or a place in the room to regularly perform each task.
2. Perform this task in the same room and same place in the room each time the task is performed. For example, help this person get dressed on one side of the room and undressed on the other side of the room.
3. As this person's needs and preferences change, change the location of the task, but only as much as is necessary.