



Assessment for Intervention During Activities of Daily Living: *Four Factors*

Brain disorders and resulting changes in thinking cause many of the behaviors that we see when we are assisting with an activity of daily living (ADL).

There are things that can make it harder or easier for the person with cognitive impairment and therefore make a behavior worse or better or trigger a behavior.

These things might relate to:

- A person's cognitive, emotional, and physical condition.
- What is going on in the environment around the person.
- Our interaction with the person.
- How we organize a particular task.

To help a person with an ADL, we need to examine four factors:

- The *person*
- The *environment*
- The *caregiver*
- The *task*

We need to see, to *assess*, how each of these four factors is making it harder for the person to understand what is going on and for them to do a task.

Once we see where the problems are, we can change the environment, our communication strategies, or the task itself.

This will make it easier for the person to feel calm, comfortable, and successful during activities of daily living.

Because of the damage in the brain, the person needs the environment and caregivers to compensate for impaired functions.

The more we know about how the person's cognitive ability has changed, the more we will know how to help and how we can compensate for the functions that the impaired parts of the brain can no longer do well.