

# **Cognitive Impairment Assessment Protocol (CIAP) for a Person with Cognitive Impairment**

## **Introduction and Instructions**

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### **INTRODUCTION**

The Cognitive Impairment Assessment Protocol (CIAP) is intended to help you better understand a particular person with cognitive impairment and how well the environment, caregiver interactions with this person, and the structure of the task support and nurture this person, given her/his particular cognitive strengths and challenges.

The CIAP consists of four parts, each of which assesses one of four factors that affect a person's ability to function and feel comfortable. Each part has two response forms with assessment questions, so you can choose the form you prefer to record your responses.

#### **The four parts of the CIAP and the factors they assess are:**

1. Cognitive functions of this person
2. Environment
3. Caregiver Interactions with this person
4. Task and Daily Routines

#### **Cognition:** The CIAP Assessment of Cognition of a Person with Cognitive Impairment is composed of:

1. Yes/No Response Sheet
2. Four-Point Scale Response Sheet to record a rating on a scale
3. Sixty questions that are listed on each of the two response sheets. The questions are presented in five sections that represent five steps or phases of cognitive processing a person must go through in order to respond to a request or situation. All of the questions on the Yes/No Response Sheet are included verbatim on the Four-Point Scale Response Sheet.

#### **Environment:** The CIAP Assessment of the Environment of a Person with Cognitive Impairment is composed of:

1. Yes/No Response Sheet
2. Six-Point Scale Response Sheet to record a rating on a scale
3. Fifty-two questions that are listed on each of the two response sheets. The questions are presented in nine sections that represent fundamental concepts underlying successful environmental intervention for a person with cognitive impairment. All of the questions on the Yes/No Response Sheet are included verbatim on the Four-Point Scale Response Sheet.
4. A set of instructions for each question that further explains the questions and ratings. It is titled "Instructions for Response Sheet: Assessment of the Environment of a Person with Cognitive Impairment". These instructions include examples and a rationale for the questions asked, based on brain functioning and cognition.

#### **Caregiver Interactions:** The CIAP Assessment of Caregiver Interactions with a Person with Cognitive Impairment is composed of:

1. Yes/No Response Sheet
2. Four-Point Scale Response Sheet to record a rating on a scale
3. Eighty-five questions that are listed on each of the two response sheets. The questions are presented in ten sections that represent fundamental concepts underlying successful

communication strategies with a person with cognitive impairment. All of the questions on the Yes/No Response Sheet are included verbatim on the Four-Point Scale Response Sheet.

**Task & Daily routines:** The CIAP Assessment of the Task and Daily Routines of a Person with Cognitive Impairment is composed of:

1. Yes/No Response Sheet.
2. Four-Point Scale Response Sheet to record a rating on a scale
3. Forty-three questions that are listed on each of the two response sheets. The questions are presented in six sections that represent fundamental concepts underlying successful strategies for structuring and timing a task with a person with cognitive impairment. All of the questions on the Yes/No Response Sheet are included verbatim on the Four-Point Scale Response Sheet.

The questions are designed to be asked by you as a caregiver to yourself or to other caregivers, regarding a person performing (or being assisted with) a typical task in an environment that is typical for that person. The answers to these questions can help you modify the environment, the task, or communication strategies in order to be more helpful by accommodating the person's cognitive strengths and challenges.

This CIAP is designed to be used with the Cognitive Impairment Intervention Protocol (CIIP). The CIIP gives a list of possible interventions for each response in the CIAP that suggests a particular person with cognitive impairment needs more support.

An important asset of both the CIAP and the CIIP is their ability to individualize assessment and intervention. Because the abilities and desires of a person with cognitive impairment will be different from every other person with cognitive impairment, and might fluctuate and change over time, it is important to assess frequently and to frequently modify interventions to adapt to the changes. Use the CIAP and CIIP together as you assess and consider interventions that will address specific skills, needs, and desires of a particular person at a particular time and in a particular situation.

At all times the environment, caregiver interactions, and the task structure should be adapted to help this person relax and feel comfortable and competent.

Your responses to the questions on the CIAP provide a profile of strengths and weaknesses regarding the four factors for this person at this time. Use the CIAP periodically to note changes in the profile over time, or when you see a change in behavior or level of functioning that may reflect changes in this person's cognition or an increased need for support from the environment, caregiver interactions, or task structure. Occurrence of behaviors that are seen as "difficult" or distressing, usually reflect an increased need for support with respect to one of these four factors.

The list of CIIP intervention ideas that accompany each CIAP question offers you possible strategies to increase the support available and to improve the pleasure and quality of life for both the person with cognitive impairment and the caregiver.

## **INSTRUCTIONS**

1. Complete either the CIAP Yes/No Response Sheet or the Four (or Six) Point Scale Response Sheet by following the instructions on the response sheet for each of the four parts of the CIAP.
2. Follow the instructions that accompany the CIIP to examine intervention suggestions.
3. Do steps #1-2 periodically or whenever you wonder if a change needs to be made. It is often helpful to go through these steps with other people, including other caregivers or sometimes the person with the cognitive impairment.