

# **Cognitive Impairment Intervention Protocol (CIIP) for a Person with Cognitive Impairment**

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## **CAREGIVER INTERACTIONS**

### **INTRODUCTION AND INSTRUCTIONS**

#### **INTRODUCTION**

This Cognitive Impairment Intervention Protocol (CIIP) is designed to be used with the Cognitive Impairment Assessment Protocol (CIAP). The CIIP gives a list of possible interventions for each response on the CIAP that suggests the caregiver interactions with the person with cognitive impairment need to be more supportive for the person with cognitive impairment.

The four parts of the CIIP and CIAP, and the factors they address are: Cognition of the Person, Environment, Caregiver Interactions, and Task. Each part of the CIIP has its own introduction and instructions.

This part of the CIIP relates to caregiver interactions. Use the Caregiver Interactions CIIP and the Caregiver Interactions CIAP together.

The Caregiver Interactions CIAP is composed of two documents with the same questions in each document:

1. Yes/No Response Sheet
2. Four Point Scale Response Sheet

There is information in each of the CIAP Caregiver Interactions documents that will help you understand and use the Caregiver Interactions CIIP. All of the questions in the CIAP are included verbatim in the CIIP.

An important asset of both the CIAP and the CIIP is their ability to individualize assessment and intervention to a particular person with cognitive impairment at a particular time. 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. As a person changes, interactions with this person must change.

The brain has more difficulty figuring out what to do in the absence of enough or the right kind of information and support from the caregiver, or when the caregiver is unfamiliar. A person with severe cognitive impairment will likely depend heavily on the caregiver to suggest what to do, where to go, and sometimes even how to feel. Often the cognitive impairment of a person becomes increasingly severe over time due to changes in the brain, and this dependency on the caregiver increases even more.

The goal of this Caregiver Interactions CIIP is to create interactions between the caregiver and a person with cognitive impairment that support this particular person with cognitive impairment by: drawing on the strengths and abilities of this person, making tasks and interactions easier for this person, compensating for her/his specific impairments, stimulating this person to grow beyond her/his abilities, and most of all, helping this person feel pleasure and contentment.

In general, caregiver interactions that are supportive:

1. Help a person with cognitive impairment to feel comfortable and be safe.
2. Stimulate a person to have energy and a desire to do something.
3. Tell this person what is happening and will happen, and provide options of what to do and how to participate.
4. Help this person save energy for other pleasurable or difficult tasks by making this task as easy and relaxing as possible.
5. Help this person feel competent, independent, respected, and engaged.
6. Support only as much as this person needs or wants; not too much or too little.

At all times your interactions with this person should reflect respect, warmth, and calm support in a way that helps this person relax and feel comfortable and competent. It is important to be predictable to this person, even as you change your actions and communication strategies to accommodate changes in this person's needs and desires.

The CIAP questions are designed to be asked by yourself to and about yourself. They are not intended to be used as a means of criticism. They are intended to support you as a caregiver by giving you ideas of how to continue improving your relationship with and your support for this person.

The CIAP questions will help you assess your caregiver interactions to see if they are supportive for a particular person at a specific time. Your responses to the questions provide a profile of strengths and weaknesses about the effectiveness of your caregiver interactions with this person at this time.

The list of CIIP intervention ideas that accompany each CIAP question offers you possible strategies to improve the effectiveness of your interactions with this person.

## **INSTRUCTIONS**

1. Complete the Caregiver Interactions CIAP Yes/No Response Sheet or the Four Point Scale Response Sheet by following the CIAP instructions.
2. For each of your responses to the questions in the CIAP that is a "No" or a "1" or "2" find the corresponding question in the CIIP. All of the questions in the CIAP are included verbatim in the CIIP.
3. Study the intervention ideas listed in the CIIP for each of the questions identified in step #2 above. Choose interventions to try that are appropriate for this person and her/his circumstances.
4. Evaluate the effectiveness of the implementation of the interventions you've chosen by completing the Caregiver Interactions CIAP again.
5. Do steps #1-4 periodically or whenever you recognize a change needs to be made. It is often helpful to go through these steps with other people, sometimes including the person with the cognitive impairment.