

Supporting the person who is at a **SENSORY** Level of Ability

(Pool J (2012) The Pool Activity Level (PAL) Instrument. Jessica Kingsley publishers, London)



At this level, the person is likely to be able to:

- ✓ Mainly respond to sensations
- ✓ Carry out single step activities
- ✓ Respond to demonstrated directions

To find out the PAL level of ability of the person, get the free PAL Instrument download at this link:

<https://www.qcs.co.uk/hug>

TO HELP THE PERSON RELATE TO HUG

- **POSITION OF HUG**
Ensure that the person becomes aware of HUG by making bodily contact.
- **VERBAL DIRECTIONS**
Limit requests to carry out actions to the naming of the action needed to engage with HUG (eg. "lift your arm").
- **DEMONSTRATED DIRECTIONS**
Demonstrate to the person by hugging HUG. Break the activity down into 1 step at a time.
- **WORKING WITH OTHERS**
Approach the person and make the first contact. Use touch and the person's name to sustain the connection.
- **ACTIVITY CHARACTERISTICS**
The activity is used as an opportunity for a sensory experience. This may be multi-sensory. Repetitive actions are appropriate.

Supporting the person who is at a **REFLEX** Level of Ability

(Pool J (2012) The Pool Activity Level (PAL) Instrument. Jessica Kingsley publishers, London)



At this level, the person is likely to be able to:

- ✓ Move as a reflex response to sensation
- ✓ Respond best to single sensations
- ✓ Respond emotionally to therapeutic connection

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TO HELP THE PERSON RELATE TO HUG

- **POSITION OF HUG**
Direct stimuli to the area of body being targeted (eg. stroke the person's arm before placing it around HUG).
- **VERBAL DIRECTIONS**
Limit spoken directions to movement directions (eg. "Lift", "Hold"). Use a warm, reassuring tone and adapt volume to establish a connection with the person.
- **DEMONSTRATED DIRECTIONS**
Guide movements by using hand-under-hand support to hold or stroke HUG.
- **WORKING WITH OTHERS**
Maintain eye contact, make maximum use of facial expression, gestures and body posture for a non-verbal conversation. Use social actions which can be imitated eg. smiling, waving, shaking hands.
- **ACTIVITY CHARACTERISTICS**
The activity focuses on a single sensation: touch, smell, sound, sight.



How to introduce HUG to a person affected by dementia

A guide developed by Jackie Pool, an Occupational Therapist and world-leading expert in dementia care

www.HUG.world

We are delighted to introduce you to HUG™! We really hope HUG will provide pleasure and companionship to those you care for.

This leaflet has been designed to help you introduce HUG to people who are affected by dementia. It has been developed in collaboration with QCS (Quality Compliance Systems) and Jackie Pool, Consultant Occupational Therapist, who is a leading UK expert in dementia care. Jackie Pool designed the PAL Instrument to help professional carers deliver excellent person-centred care for people living with dementia. Information in this leaflet uses an adapted PAL Instrument, specifically designed for HUG.

Each page helps to identify the stage in the dementia journey that a person may be experiencing and offers advice about how to help a person relate to HUG. Our research has shown that the way HUG is introduced to someone can make all the difference to the amount of pleasure they receive from it.

scan the code to watch the video



In addition to this leaflet, you can access these guides as a digital pdf and watch a free training video on our website from Jackie Pool. The video provides more detailed information and guidance. The video can be accessed on: www.hug.world/introducing-HUG or scan the QR code above using the camera on your phone and follow the website link. We hope you will find both the leaflet and training video useful.

Supporting the person who is at a **PLANNED** Level of Ability

(Pool J (2012) The Pool Activity Level (PAL) Instrument. Jessica Kingsley publishers, London)



At this level, the person is likely to be able to:

- ✓ Explore different ways of carrying out activities
- ✓ Work towards completing a task with a tangible result
- ✓ Look in obvious places for any objects

TO HELP THE PERSON RELATE TO HUG

- **POSITION OF HUG**
Ensure that HUG is kept in a usual and familiar place when not in use so the person can find and use it independently.
- **VERBAL DIRECTIONS**
Explain how to switch the music on in HUG. Use clear and short spoken directions and encourage the person to practice each set of steps.
- **DEMONSTRATED DIRECTIONS**
Show the person how to avoid possible errors such as not putting the music box back correctly into HUG.
- **WORKING WITH OTHERS**
Enable the person to take charge of decisions about when and how to use HUG.
- **ACTIVITY CHARACTERISTICS**
The activity of using HUG is identified by the person as having a purpose, such as to help with reducing anxiety or for comfort and a process, such as switching the music on and off.

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<https://www.qcs.co.uk/hug>

Supporting the person who is at an **EXPLORATORY** Level of Ability

(Pool J (2012) The Pool Activity Level (PAL) Instrument. Jessica Kingsley publishers, London)



At this level, the person is likely to be able to:

- ✓ Carry out very familiar tasks in familiar surroundings
- ✓ Enjoy the experience of the activity more than an end result
- ✓ Complete a multi-step activity if it is broken down into 2-3 steps at a time

TO HELP THE PERSON RELATE TO HUG

- **POSITION OF HUG**
Ensure that HUG is kept in the person's line of vision (e.g. on a chair next to the bed; on a chest of drawers next to a favourite chair).
- **VERBAL DIRECTIONS**
Give verbal guidance in simple short sentences and repeat them if needed. Allow time for the person to process the guidance.
- **DEMONSTRATED DIRECTIONS**
Break the activity down into 2-3 steps at a time and show the person how to hold HUG and how to put it back after use.
- **WORKING WITH OTHERS**
The person will rely on you to make the suggestion to hold HUG, perhaps if they are showing signs of distress.
- **ACTIVITY CHARACTERISTICS**
HUG might not be used in its intended way. The activity can be creative and spontaneous (e.g. singing to HUG or dressing it).

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