

### ACL stitches

running - TASK 1	requires 3 correct running stitches in consecutive holes.
whip - TASK 2	requires 3 correct whip stitches in consecutive holes and recognizing cross-in-back and twisted lace errors.
single cordovan - TASK 3	requires 3 correct single cordovan stitches in consecutive holes.

### ACL

level 1 - automatic actions	Arousal to external cues Mostly instinctual behavior Examples: swallowing, diverting attention to stimuli Requires total assistance
level 2 - postural actions	Characterized by gross movement in response to proprioceptive cues. Behavior is driven by comfort vs. discomfort. Clients are unaware of the effects of their behavior on their surroundings. Involves aimless pacing and wandering. Requires maximum assistance.

### ACL (cont)

level 3 - manual actions	Clients grasp and use objects. Increased ability to discriminate the external from the self. Impaired global condition May acquire new behaviors (learning) with repetitive long-term training. Lack concentration and require frequent redirection for tasks. Needs 24 hour supervision. Requires moderate assistance.
level 4 - goal directed actions	Clients can recognize the effects of their actions on their surroundings. Relies on visual cues to learn and carry out goal-directed activities. Have difficulty recognizing finer details. Lack cognitive skills to identify and problem-solve errors. No new learning or generalizing of tasks. Requires minimal assistance and supervision. Examples: preparing a snack, following a familiar route. 4.6: independent living

### ACL (cont)

level 5 - exploratory actions	Uses trial-and-error for problem-solving. Learn by emulating demonstrated actions. May apply learning to other activities and situations. Limited ability to organize, anticipate, and plan. Have poor judgment and are impulsive. Benefits from external cues via supervision for planning. Requires stand-by assistance.
level 6 - planned actions	No global cognitive impairment. Normal functioning. Anticipates and prevents errors. May still have physical limitations. Independent

### acl compensatory techniques

level 1	sensory stimulation
level 2	preventing getting lost or going into unsafe places
level 3	assistance with self care
level 4	maintaining the home
level 5	planning and supervision
level 6	none needed

### barthel - categories

feeding
bathing
grooming
dressing
bowel control
bladder control



### barthel - categories (cont)

toilet use

transfers

mobility on level surfaces

stairs

### FIM quick reference

focus the assessment of the severity of a disability as determined by what the individual actually does and the amount of assistance needed by the individual to complete each task

self care toileting, bowel and bladder management, bathing, grooming, dressing, eating

sphincter management bowel and bladder control

mobility bed, chair, wheelchair, toilet and tub/shower transfers

locomotion walking, using stairs, using wheelchair

communication expression, comprehension

social cognition social interaction, memory, problem solving

scores of 1 indicates the person couldnt be evaluated performing the task or they required total assistance in task performance

scores of 2-5 indicate increasing levels of assistance required from a helper for the individual to do the task

scores of 6 or 7 indicate the person is independent and doesnt require assistance



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Not published yet.

Last updated 20th October, 2023.

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