

# ALLEN COGNITIVE LEVEL SCREENING

*A Compassionate, Objective Program  
that Identifies the Abilities of People  
with Cognitive Impairment*

**Caregiver**  
SUPPORT NETWORK  
HOME HEALTH & HOSPICE



**Gephardt**Approved 

BEST OF STATE 2008-2011  
HEALTHINSIGHT QUALITY AWARD 2006-2011

## WHAT IS ALLEN COGNITIVE LEVEL SCREENING?

Allen Cognitive Level Screening (ACLS) was developed over 40 years ago by occupational therapist Claudia Allen.

This rigorously validated testing is used all over the world to help families, caregivers and clinicians understand how to best assist people with cognitive impairment.

ACLS is unique because it defines a person's thought processing in a practical way. It identifies "patterns of performance" that directly relate to learning abilities, function and safety.

- Can the patient manage his or her own medications?
- How would the patient react in an emergency situation?
- Is he or she safe to drive? To live alone?
- What communication techniques and approaches enhance independence and self-esteem?

ACLS provides guidelines in these crucial areas to help patients and families with everyday activities and decisions.

## WHAT DOES ACLS INVOLVE?

A trained clinician will complete non-threatening activities with the patient over several visits. These activities can include:

- A lacing module
- Simple crafts
- Everyday activities, such as using the telephone

Often, good verbal skills and routine structure mask cognitive deficits. Watching the patient perform ACLS activities gives the clinician valuable insight into how he or she really processes information in the environment around them.

Performance on the activities is then correlated with Allen Levels 1 to 6, with higher numbers relating to higher ability to function. Each level identifies both cognitive ability and disability. Strengths are maximized and deficits are considered.



*By* UNDERSTANDING  
COGNITION, WE CAN  
IMPROVE SAFETY AND  
FUNCTION.

*What Does ACLS Involve? (continued)*

After testing, the clinician will provide a written summary and an ACLS Caregiver Guide based on the patient's Allen Level to:

- Help families, caregivers and the health care team identify the most effective ways to assist, approach and interact with the patient.
- Provide essential guidelines on how to structure the patient's environment to enhance safety and function while reducing caregiver stress.
- Outline learning strategies to maximize the patient's daily function and participation.

ACLS is best performed in the patient's familiar environment where he or she is most comfortable.

The clinician will come to the patient's home for several visits. Each visit will last from 30 to 60 minutes.

Results and written report will follow within one week after all testing is completed.

ACLS is covered at 100% under the Medicare Part A home health benefit if the patient is homebound. If not, it can be covered under Medicare Part B as an out-patient service where co-pays may apply. A doctor's order is required

The patient and/or family may also schedule a private **CAREGIVER COACHING** session with a certified geriatric care manager to discuss results, resources and planning. Funding may be available for this visit through a family member's company Employee Assistance Program.

*"This note is written...for the group that took care of my husband...I call them 'miracle workers.' They were very compassionate, caring, and most professional. They were most pleasant and courteous and, also, concerned about me."*

*"I can't say enough about the kind, helpful, people from CSN and the help they've been to me in healing my wounds, helping with my balance, making sure I'm safe...They have been invaluable."*



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