



# **The Pool Activity Level (PAL) Instrument for Occupational Profiling: A Practical Resource for Carers of People with Cognitive Impairment (Bradford Dementia Group)**

*Jackie Pool*

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The Pool Activity Level (PAL) Instrument has become generally used as the framework for activity-based care systems in a variety of health and social care settings for people with cognitive impairments. The Instrument is recommended for daily living skills training and activity planning in the National Institute for Health and Clinical Excellence Clinical Guideline for Dementia (NICE, 2006). The PAL checklist has also been proved valid and reliable by a recent research study. This third edition includes valuable new material together with the Instrument itself and the photocopiable activity checklists and plans that help to match users' abilities with activities. A new section provides a selection of potential activities together with information on obtaining the necessary resources. The author includes guidance for carrying out these activities with individuals of different ability levels as revealed by the PAL Instrument Checklist. An essential resource for any practitioner or carer wanting to provide fulfilling occupation for clients with cognitive impairments.

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