Cognitive (Thinking Skills) Testing

Results and Suggestions for Level 4.5

During Occupational Therapy, you (or your family member) have taken the Cognitive Performance Test (CPT). The test includes everyday tasks such as setting up medicines, getting information over the phone and using money to buy a common item. The way a person follows the test directions and does the tasks show how that person understands and uses information.

The test score gives details about the thinking skills needed for a person to live on their own. The score, along with details about a person’s home setting and needs, can be used to plan for support that may be needed. This plan may include help, supervision or a living setting to help each person be as safe and independent as possible.

The highest possible score on this test is in the range of 5.6 to 5.8.

This handout has guidelines for people who score at or near level 4.5. Your therapist and health care team will work with you to suggest a specific plan.

**General information**

At this level:

- A person may be able to live alone but needs daily safety checks and help with complex daily tasks. The person may need a day program or assisted living setting.

- A person has trouble with memory, judgment, reasoning, planning and new learning. The person can have problems with paying attention, shifting attention and getting distracted.

- A person may have trouble “seeing the big picture.” So their behavior may seem self-focused. They may not notice their problems or safety risks.

- A person may have some trouble with basic daily activities. With complex tasks, may make mistakes, have trouble with details or be inconsistent (sometimes does well, sometimes makes mistakes).

- For the person to do their best, offer daily structure, help and reminders, Make sure the home setting is safe. Give help with complex activities and limit or supervise risky activities.
• Thinking skills can affect daily activities. At level 4.5, a caregiver may need to:
  – Offer daily structure and reminders
  – Organize activities
  – Make simple checklists or calendars
  – Allow extra time
  – Break down tasks into easy steps
  – Watch for changes and supervise for safety
  – Watch closely or help with complex tasks
  – Make the area safe

How to help

Below are examples of the kind of help that may be needed for common daily activities at level 4.5.

Dressing

• May need reminders to change clothes.
• Can dress self, but may make some mistakes in clothing choices.
• May have trouble finding clothing if not in sight.

Grooming and bathing

• May need help choosing a safe water temperature.
• May need reminders to bathe (may think that they have already bathed for the day).
• May miss areas when bathing, shaving or combing hair.

Meals

• Can feed self. May have trouble watching how much they eat.
• Will need help to plan and shop for meals. The caregiver should help plan for simple, familiar and healthy meals (within any special diet guidelines).
• Can often prepare simple meals, especially familiar or convenience foods.
• May do best with visual, easy tasks such as chopping, peeling, mixing, setting the table or washing dishes.
• May be able to follow a simple recipe or directions if watched closely and given the ingredients. May have trouble timing many steps, timing several foods to get done at the same time or watching for problems like burning foods.
• Some people find it helpful to have meals prepared or delivered for them.
• Closely watch for food safety. For example, check that food is stored properly and clean out old or expired food.
• May need to watch or limit stove use.

Medicines

• Monitor (check on) the person when taking medicines. The person may not understand the amount, timing or types of medicines taken.
• May be able to take medicines correctly if on a simple, familiar and routine schedule.
• Will have limited skills with learning new or complex medicines.
• The caregiver may need to set up medicines in a clearly labeled daily pillbox. The box should be watched closely to make sure the person is taking the medicines.
• May need daily reminders to take medicines.
**Household tasks**

- Can dial common or posted phone numbers. May have trouble with new numbers or anything out of the ordinary.

- May lose items. It is a good idea to keep a second set of glasses or keys.

- Can see if clothing looks dirty and needs to be washed. Might not sort clothing or follow washing instructions.

- Will do housekeeping tasks that are clearly seen (for example, wiping down counters). May be able to do less visible tasks (dusting under furniture, washing windows) if on a regular schedule. Has limited skill with organization and planning.

- The person does best with routine, repetitive tasks that don't need planning (sweeping, raking, vacuuming, dishes and so forth).

- Closely watch, limit, or have others do risky tasks. For example, it may be risky for the person to use power tools or lawn and yard tools. Give help as needed, especially for maintenance or repair.

**Money and shopping**

- May be able to make simple purchases. With help, may be able to work within a daily or weekly allowance.

- Simplify and limit money management. Keeping track of bills, credit cards, bank accounts, money balances, a budget or taxes can be too hard.
  - Assess the person to see if they can use credit cards safely.
  - Help with shopping activities because shopping is complex. A person needs to be able to get to the store, find things in the store, use money and use memory and judgment to make decisions.
  - It may be helpful to pay bills together with a caregiver. It may also help to limit the number of bills (for example, by setting up automatic payments).

- We suggest you help with money decisions and planning.

- For some people, managing money is too complex and may need to be done by others.

**Community tasks**

- May be able to travel in familiar areas. Might be able to follow simple written or verbal directions in unfamiliar places, but can get lost and should have help.

- Driving is a complex activity with risks. A person needs good memory, attention, planning and judgment skills. We strongly urge the person to have a formal driving exam for safety. Talk to your doctor about driving.

- The person may rely on family, friends or community transportation services.
Suggestions

_______________________________
_______________________________
_______________________________
_______________________________
_______________________________
_______________________________
_______________________________
_______________________________
_______________________________
_______________________________

Therapist name: _____________________________

Phone: _________________________________

Date: _________________________________