

Introduction to Level 3: “Moving Around the Room”

Level 3 is the “Becoming Oriented” phase of rehabilitation. People in this situation are classified as having moderate to severe cognitive deficits. They are typically seen in acute, inpatient, post acute and SNF settings. If the case of those with traumatic brain injury – this stage is referred to as emerging from the post-traumatic amnesia phase of recovery – they are starting to retain new memories of their current situation.

They are also continuing to progress physically and are beginning to ambulate with less assistance. At Level 3 there is no awareness of cognitive deficits as they may understand they have physical limitations.

At levels 1 and 2 the people were performing in small spaces and interacting with items in their immediate field of view or items within reach. This is the first in a series of activities where the patient is expected to navigate his immediate environment as they remember and locate items that are beyond the immediate field of view.

Overall goal: Find items and navigate safely in the home or clinic room

Level 3 performance characteristics according to 3 global elements:

- Interpersonal: initiates greetings, recalls names of unfamiliar persons, reads simple written directions
- Environmental: uses checklist during session, oriented to current location, transfers safely without cues
- Time: cues to set alarm if needed, stays on task until completed, checks list to see upcoming tasks or exercises

Treatment activities at this level:

- “Repeats”: moves between start location and a secondary location repeatedly during session
- “Locators”: navigates to different locations in the room or home at designated times during the session

Level 3 Goals:

- Interpersonal: initiates asking others for assistance as needed, spontaneously uses phone,
- Environmental: returns to start location, recalls route to locations outside field of view
- Time: monitors time throughout the session, initiates moving to next location in a room or house

Conducting sessions at Level 3

- The goal for starting a Level 3 will be to have the person visually scan the environment around him to find items then retrieve them
- Often memory is impaired so it is important for the patient to repeat going to the same locations several times during a session to develop an internal map.
- Written or verbal names of locations may not suffice, the patient may need a picture.
- This level is also an opportunity for the person to start interacting with others in a controlled environment by asking for assistance.
- It is important to be able to have him ask for assistance appropriately in a controlled environment before moving out to the community at large where persons may not be so understanding.
- Grading the task up would ask the locations to be recalled from memory.
- The patient would place things around the gym area, then find them later.
- Navigating by using a floor plan can be introduced to prepare the patient to using maps in the community.