

Introduction to Level 8: Planning/Multi-Tasking

Level 8 is the “Resuming a Previous Role” phase of rehabilitation. People in this situation are classified as mild tbi or post-concussive syndrome (PCS). They are typically seen in outpatient settings, vocational settings and community programs. At this level the people frequently have no obvious physical problems so deficits are not visible. They can be over-looked in the rehabilitation process.

People at this level are aware of their cognitive deficits and are seeking ways to overcome those deficits by learning to use compensatory techniques. This phase of rehabilitation often requires long term intervention and accommodations so they person can resume their original role in life.

Overall goal: Complete projects or solve complex problems by efficient planning and multi-tasking

Level 8 performance characteristics according to 3 global elements:

- Interpersonal: spontaneously engages others, self-corrects errors, evaluates/ modifies own behaviour to match situation, generates goals for self improvement, compensates for deficits, receptive to criticism
- Environmental: aware of safety hazards, plans most efficient route before starting, revises route
- Time: multi-tasks to not waste time, prioritizes tasks by time, creates own time schedule

Treatment activities at this level:

- “Planning”: plan and carry out a project to completion within an allotted time frame
- “Multi-Tasking”: coordinating a set of complex interleaving tasks to complete a project on time

Level 8 Goals:

- Interpersonal: honestly appraises own performance, articulates self-awareness of deficits, demonstrates insight into condition, implements compensatory methods to overcome deficits
- Time: completes project within allotted time, multi-tasks efficiently to conserve time during activities
- Environmental: keeps work space organized, gathers all materials before starting project

Conducting sessions at Level 8

Planning Activities

This group of activities is the hardest for most people because at the outset there is no plan or structure on which the person can rely.

The therapist presents a complex project which the person must complete within a designated time.

Finishing the project incorporates all of the 3 elements covered at previous levels.

He must be able to plan, organize, manage time and execute the plan all alone.

He must be able to prioritize tasks by estimating the time needed for each.

He will have to use high level compensatory techniques for deficit areas

Multi-Tasking Activities

The sequence that he decides to implement is critical to his chances of completing all of the tasks in a session.

The therapist provides a list of tasks to carry out – with a few time constraints thrown in to confuse matters. The individual tasks can be complex at this level.

The person must estimate how much time is required to complete a task.

The therapist's challenge is to choose tasks that are interdependent so that the patient has to attend to how completing one task affects the outcome of another.