

## Introduction to Level 2: “What Time is It?”

Level 2 is the “Becoming Grounded” phase of rehabilitation where people are more medically stable. They are typically seen in acute settings, inpatient rehab and SNFs. Physical recovery is still often the primary focus for people at this level although they are more stable so need less assistance with transfers. They are beginning to recognize the therapy staff, more oriented to items around their room or home and more able to calm themselves when upset.

Most importantly they are starting to initiate moving on to the next task or exercise with verbal cues or when the alarm sounds. At Level 2 the focus is on getting them to pay attention to the clock to know when they need to stop and start tasks or exercises during their sessions. Success at this level requires them to be able to divide their attention.

**Overall goal:** Move on to next task or exercise at a specific time of day

### Level 2 performance characteristics according to 3 global elements:

- Interpersonal: replies to others if addressed, recalls names of familiar persons, reads words/phrases
- Environmental: cues to use checklist, cues to state current location, cues for safe transfers
- Time: completes series of tasks or exercises, attends to clock or calendar, initiates moving on after alarm sounds

### Treatment activities at this level:

- “Interrupts”: stop work on a **primary** task at designated time; then perform **secondary** task, repeats 3 or times
- “Time Blocks”: works at a task or exercise until the specified time point, then on to next task or exercise

### Level 2 Goals:

- Interpersonal: looks at others when talking, greets friends/family by name, able to calm self in reasonable time,
- Environmental: keep checklist within reach during tasks or exercises, looks to checklist for next task,
- Time: reports correct time if asked, changes task or exercise at correct time
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### Conducting sessions at Level 2

- This group of activities is the first in the general category of “time management”
- The person is provided a checklist with time points indicating when he needs to change to a new task or exercise.
- The following fundamental point must be emphasized to the patient:
- You must stop the task or exercise according to the time
- The goal is not to finish tasks – it is to STAY AWARE OF TIME.