

Continue to Self-Preservation (Cognition)

Header for Self-Preservation Section:

Self-Preservation means the individual's actions or behaviors that reflect their understanding of their health and safety needs and how to meet those needs. Self-preservation refers to the individual's ability to recognize and take action in a changing environment or a potentially harmful situation. Self-Preservation includes, but is not limited to, being oriented to their community and surroundings such that they can find their way to their home or care setting; understanding how to safely use appliances; understanding how to take their medications; understanding how to protect themselves from abuse, neglect or exploitation; or understanding how to meet their basic health and safety needs.

Assessing Self-Preservation:

- Does not include the individual engaging in acts that may be risky or life threatening when the individual understands the potential consequences of their actions.
- Self-Preservation includes the following assistance types unless otherwise indicated in the assist level: cueing, hands-on, monitoring, reassurance, redirection or support.
- For each assist level, individuals must have a documented history of actions or behaviors demonstrating that they need assistance ensuring their health and safety.
- **Time Frame** in OAR 411-015-0008 should be expanded when assessing cognition. A history documenting the need for assistance that occurred more than 30 days prior to the assessment date should be considered if the need would likely reoccur in the absence of existing supports.

A. *Independent*

B. *Minimal Assist*

C. *Substantial Assist*

D. *Full Assist*

Self-Preservation:

Even with assistive devices, the individual requires assistance from another person to assist them in understanding and managing their health and safety needs.

Select the most appropriate response:

A. Independent – Does not meet criteria for assist.

B. Requires assistance at least one day each month to ensure that they are able to meet their basic health and safety needs. The need may be event specific.

C. Requires assistance because they cannot act on nor understand the need for self-preservation at least daily.

D. Requires assistance to ensure that they meet their basic health and safety needs throughout each day. The individual cannot be left alone without risk of harm to themselves or others or the individual would experience significant negative health outcomes. This does not include the assistance types of **support** or **monitoring**.

CONTINUE TO DECISION MAKING

Header for Decision Making Section:

Decision Making means the individual's ability to make everyday decisions about activities of daily living, instrumental activities of daily living and the tasks that comprise those activities. An individual needing assistance will demonstrate that they cannot make decisions, need assistance in understanding how to accomplish the tasks necessary to complete a decision or do not understand the risks or consequences of their decisions.

Assessing Decision Making:

- Does not include what others might deem a poor choice when the individual understands the potential consequences of their actions.
- Decision Making includes the following assistance types unless otherwise indicated in the assist definitions: cueing, hands-on, monitoring, redirection or support.
- For each assist level, individuals must have a documented history of actions or behaviors demonstrating that they need assistance ensuring their health and safety.
- **Time Frame** in OAR 411-015-0008 should be expanded when assessing cognition. A history documenting the need for assistance that occurred more than 30 days prior to the assessment date should be considered if the need would likely reoccur in the absence of existing supports.

Decision Making:

Even with assistive devices, the individual requires the assistance of another person to make everyday decisions about ADLs, IADLs and the tasks that comprise those activities.

Select the most appropriate response:

- A. Independent – Does not meet criteria for assist.
- B. Requires assistance at least one day each month with decision making. The need may be event specific.
- C. Requires assistance in decision making and completion of ADL and IADL tasks at least daily.
- D. Requires assistance throughout each day in order to make decisions and to understand the tasks necessary to complete ADLs and IADLs critical to one's health and safety. The individual cannot be left alone without risk of harm to themselves or others or the individual would experience significant negative health outcomes. This does not include the assistance types of **support** or **monitoring**.

A. Independent

B. Minimal Assist

C. Substantial Assist

D. Full Assist

CONTINUE TO MAKE SELF UNDERSTOOD

Header for Make Self Understood Section:

Make Self Understood means the individual's cognitive ability to communicate or express needs, opinions, or urgent problems, whether in speech, writing, sign language, body language, symbols, pictures or a combination of these including use of assistive technology. An individual with a cognitive impairment in this component will demonstrate an inability to express themselves clearly to the point that their needs cannot be met independently.

Make Self Understood:

- Does not include the need for assistance due to language barriers or physical limitations to communicate.
- Make Self Understood includes the following assistance types unless otherwise indicated in the assist definitions: cueing, monitoring, reassurance, redirection or support.
- For each assist level, individuals must have a documented history of actions or behaviors demonstrating that they need assistance ensuring their health and safety.
- **Time Frame** in OAR 411-015-0008 should be expanded when assessing cognition. A history documenting the need for assistance that occurred more than 30 days prior to the assessment date should be considered if the need would likely reoccur in the absence of existing supports.

Make Self Understood:

Even with assistive devices, the individual requires the assistance of another person to communicate or express needs, opinions or urgent problems.

Select the most appropriate response:

- A. Independent – Does not meet criteria for assist.
- B. Requires assistance at least one day each month in finding the right words or finishing thoughts to ensure their health and safety needs. The need may be event specific.
- C. Requires assistance to communicate their health and safety needs at least daily.
- D. The individual needs constant assistance to communicate their health and safety needs to the level that the individual cannot be left alone for any extended period of time during the day. This does not include the assistance types of **support** or **monitoring**.

A. *Independent*

B. *Minimal Assist*

C. *Substantial Assist*

D. *Full Assist*

CONTINUE TO CHALLENGING BEHAVIORS

Header for Challenging Behaviors Section:

Challenging Behaviors means the individual exhibits behaviors that negatively impact their own or others' health or safety. Challenging behaviors include, but are not limited to, those that are verbally or physically aggressive and socially inappropriate or disruptive. An individual who requires assistance with challenging behaviors does not understand the impact or outcome of their decisions or actions.

Assessing Challenging Behaviors:

- Challenging Behaviors does not include the individual exhibiting behaviors when the individual understands the potential risks and consequences of their actions.
- Challenging Behaviors includes the following assistance types unless otherwise indicated in the assist definitions: cueing, hands-on, monitoring, or redirection.
- For each assist level, individuals must have a documented history of actions or behaviors demonstrating that they need assistance ensuring their or others' health and safety.
- **Time Frame** in OAR 411-015-0008 should be expanded when assessing cognition. A history documenting the need for assistance that occurred more than 30 days prior to the assessment date should be considered if the need would likely reoccur in the absence of existing supports.

Challenging Behaviors:

Even with assistive devices, the individual requires the assistance of another person to address or manage challenging behaviors because it negatively impacts their own or others' health or safety.

Select the most appropriate response:

A. Independent – Does not meet criteria for assist.

B. Requires assistance at least one day each month dealing with a behavior that may negatively impact their own or others' health or safety. The individual sometimes displays behaviors but can be distracted or is able to self-regulate behaviors with assistance. This does include the assistance type of **reassurance**.

C. Requires assistance in managing or mitigating their behaviors at least daily. The individual displays challenging behaviors and assistance is needed because the individual cannot self-regulate the behavior and does not understand the consequences of their behaviors.

D. Requires assistance throughout each day to manage or mitigate behaviors. The individual displays behaviors that require additional support to prevent significant harm to themselves or others. The individual needs constant assistance to the level that the individual cannot be left alone for any extended period of time during the day. The individual cannot self-regulate their behaviors and does not understand the consequences of their behaviors. This does not include the assistance type of **monitoring**.

A. Independent

B. Minimal Assist

C. Substantial Assist

D. Full Assist