

Life Care Planning Following Brain Injury

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Topics Covered

- Definition of LCP
- Elements of the Life Care Plan
- The LCP Process
- Evaluating Executive Function within the context of ADL Assessment
- Assessment Tools and Protocols to follow

What is a Life Care Plan?

An LCP is a dynamic document based upon published standards of practice, comprehensive assessment, data analysis, and research, which provides an organized concise plan for current and future care needs, with associated costs, for individuals who have experienced catastrophic injury or have chronic health needs.

(International Academy of Life Care Planners, 2006)

What is a Life Care Plan?

- Summarizes medical, psychological, vocational, and daily living needs
- Considers how the disability relates to the person
- Considers how the person and disability change as they move through the life span

Purpose of a Life Care Plan

Recommendations are meant to:

- Maximize individual's level of independence
- Ability to participate in society and productive activity
- Prevent complications and deterioration

Current Uses of the Life Care Plan

- **Forensic use:**

- Used by plaintiff and defense lawyers to determine cost of future care for legal settlement purposes
- assist the courts in assessing impact of disability

- **Clinical use:**

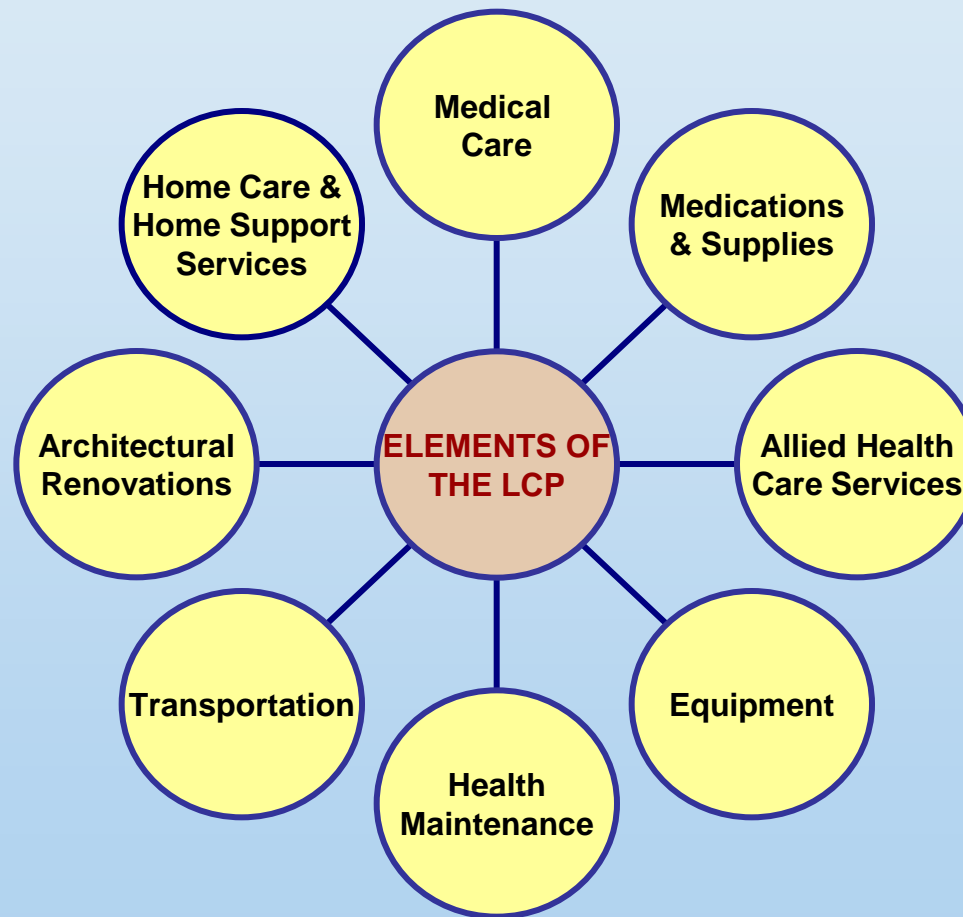
- blueprint for future rehabilitation & care
- optimal allocation of resources
- prevention of secondary complications/injury
- effective case management
- help client make informed decisions regarding care

from Klinger et al., 2004

LCP Applicability to Brain Injury

- Often long term equipment and supports are required to facilitate optimal level of functioning
- LCP completed when individual has reached a plateau in level of recovery
- LCP necessary to determine impact of physical, cognitive, and emotional difficulties on level of functioning and to determine long term needs
- Needs are highly dependent on individual's ability to live independently (i.e. level of community support required) and capacity for competitive employability

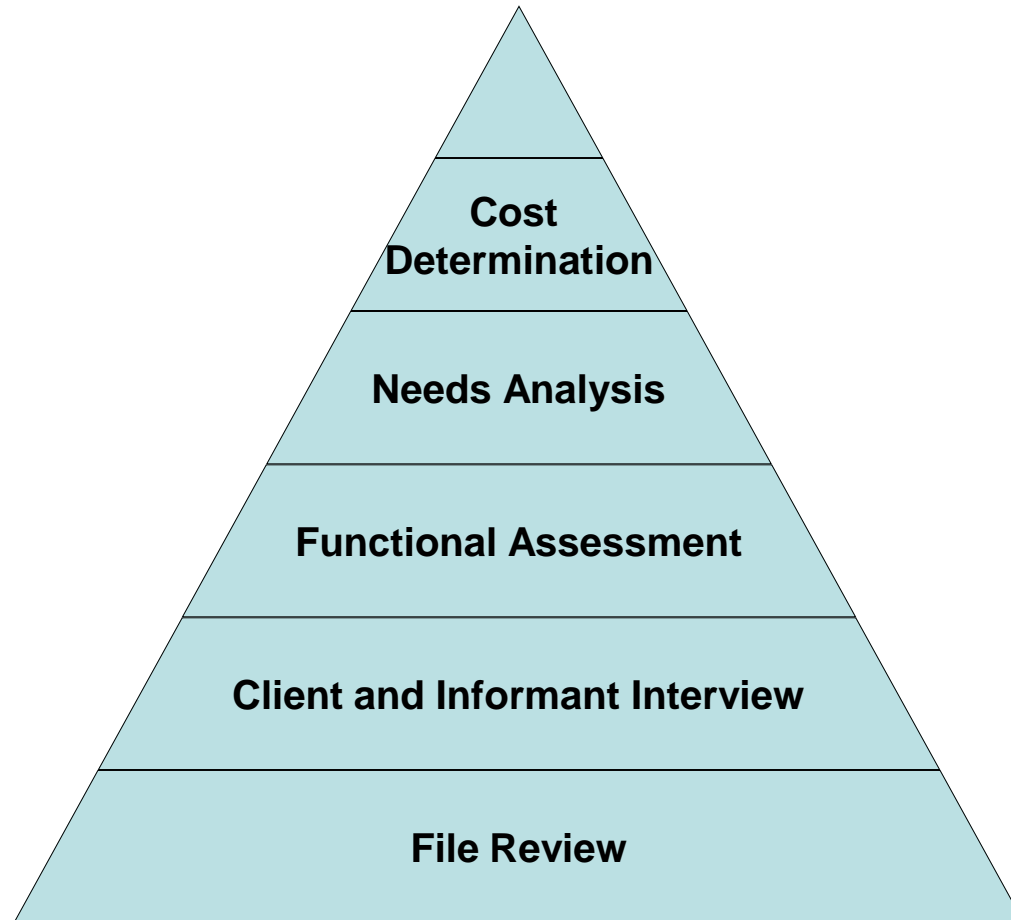
Elements of the Life Care Plan



Adapted from Deutsch et al., 2003

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The Life Care Planning Process



Adapted from Klinger et al., 2004

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The LCP Process: File Review

- Identify diagnosis and prognosis
- Pre-morbid history
- Past treatments and their outcomes
- Current treatments
- Supports in place

The LCP Process:

Client and Informant Interview

Why conduct informant interview?

- Not likely to observe all aspects of function within context of assessment
- Brain injury often results in variance in day to day function. Functional variance depends on symptoms (e.g. emotional state, fatigue), different demands and responsibilities, and unforeseen problems/issues encountered

Factors most predictive of capacity for community living and independence:

- Quality/frequency of social interactions
- Self-awareness of limitations
- Adjustment to disability

The LCP Process:

Client and Informant Interview

Identify Activity and Participation Restrictions:

- **Learning and applying knowledge**
- **General tasks and demands** (single and multiple tasks)
- **Communication**
- **Mobility:** lifting, carrying, hand use, walking, using transportation
- **Domestics:** shopping, cooking, cleaning, home maintenance, caring for others
- **Interpersonal relationships:** relating to strangers, family, intimate relationships
- **Major life activities:** education, work
- **Community activities**

(WHO, International Classification of Functioning, Disability and Health, 2001)

The LCP Process:

Client and Informant Interview

Identify Dimensions of Function:

- **Temporal:** established routines and daily schedule
- **Environmental:** physical environment in which client performs life tasks, people who are present and collaborate with client when performing life tasks
- **Societal:** how connected the client is to community, supports, economic resources
- **Cultural:** how cultural environment influences client's task performance
- **Task:** what tasks client wants to perform
- **Motivational:** values and interests that motivate client
- **Adaptation:** evidence of changes client has made, how open client is to further change

(Assessment of Motor and Process Skills Manual: Fisher and Jones, 2010)

The LCP Process:

Client and Informant Interview

Assessment Tools:

- A well planned **interview** is critical that covers all relevant domains of function (use ICF life tasks and 'dimensions of function' identified by AMPS as a guide)
- **Questionnaires:**
 - Mayo-Portland Adaptability Inventory
 - Awareness Questionnaire
 - Patient Competency Questionnaire
 - BRIEF
 - Chronic Head Injury Measure of Participation (CHIMP)

The LCP Process:

Functional Testing

- **Performance-based testing is necessary:** Observation of client directly engaged in life activities
- Increase accuracy in predicting needs by observing client in **different environments** (e.g. clinic, home, community)
- **ADL skills must be evaluated within the context of executive function:**
 - Not only important to determine capacity to carry out activities BUT also
 - Ability to recognize need to perform activity
 - Ability to initiate at appropriate time/frequency
 - Ability to organize time
 - Ability to evaluate effectiveness upon completion
 - Ability to management several inter-related tasks

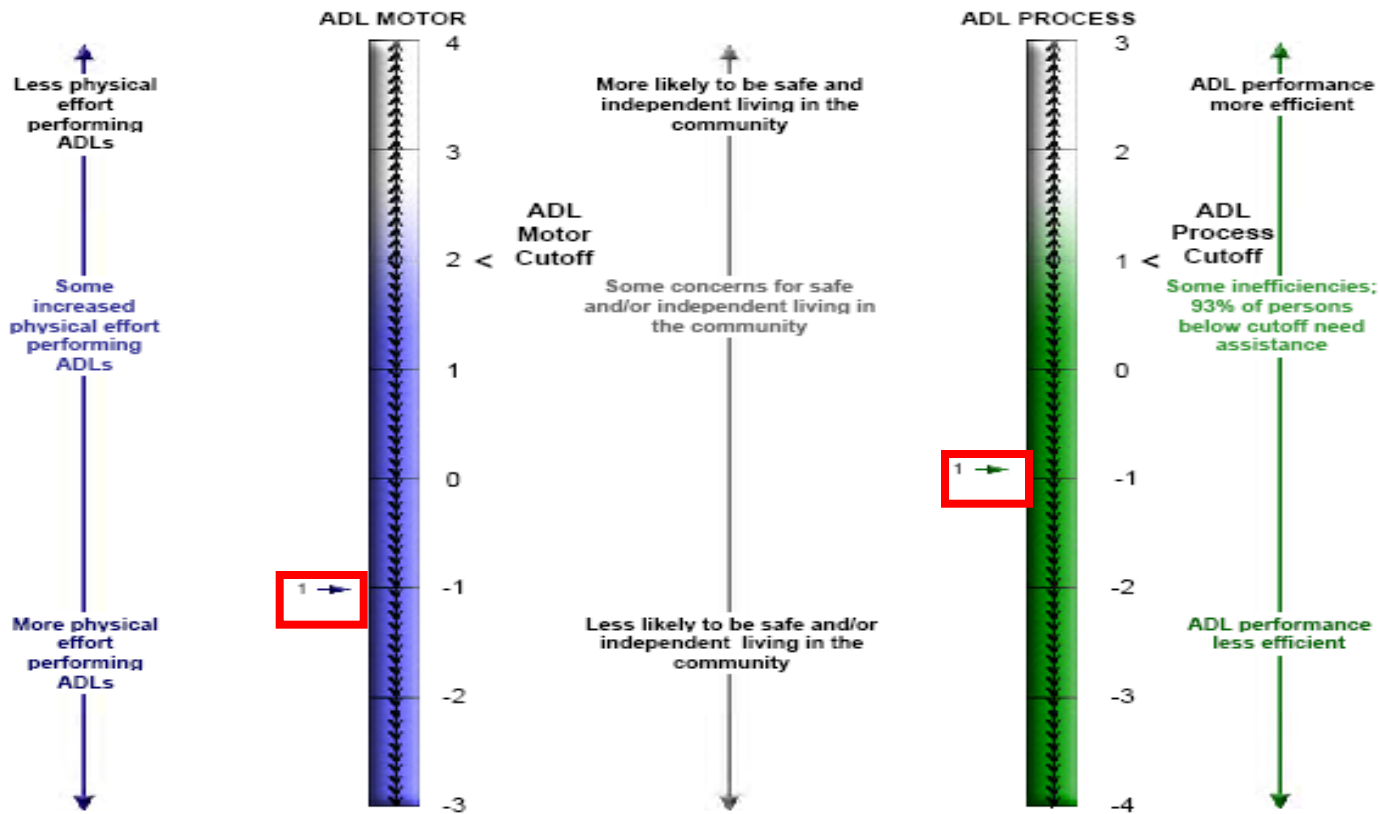
The LCP Process: Functional Testing

Assessment Tools:

- **Assessment of Motor and Process Skills** (Fisher - AMPSintl.com)
 - Observational assessment of ADL ability
 - Measures quality of performance: effort (exertion), efficiency, safety, and independence by scoring performance on 16 universal ADL motor and 20 ADL process items for each task
 - Well over 100 standardized ADL tasks to choose from which have been graded according to motor and process ability
 - Results yield information to the following questions: Does person have necessary motor and process skills to perform ADL tasks effortlessly, efficiently, safely, and independently? What level of assistance is needed for community living?
- **ADL Profile** (Dutil et al.):
 - Interview and performance-based functional activities (including budgeting and banking tasks)
 - Helpful classification structure (e.g. personal, home, and community domains of function)
 - Scoring considers executive function when evaluating ADL function

ASSESSMENT OF MOTOR AND PROCESS SKILLS (AMPS) GRAPHIC REPORT

Client:	Jordan V	DATE	MOTOR	PROCESS
Occupational therapist:	AMPS Faculty	Evaluation 1 06/30/2005	-0.95	-0.83



The numbers on the ADL motor and ADL process scales are units of ADL ability (logits). The results are reported as ADL motor and ADL process measures plotted in relation to the AMPS scale cutoffs. Measures below the cutoffs indicate that there was diminished quality or effectiveness of performance of instrumental and/or personal activities of daily living (ADL). See the AMPS Narrative Report for further information regarding the interpretation of a single AMPS evaluation.

The LCP Process: Functional Testing

Assessment Tools Continued:

- **Simplified Version Multiple Errands Test** (Alderman et al.)
 - Assessment of multi-tasking (executive function in community e.g. shopping area)
 - Version for administering in hospital setting
- **Independent Living Scale** (Loeb)
 - Questions and paper-pencil tasks assess primarily problem solving ability and knowledge with a wide range of ADL
- **Unpublished assessment of ADL skills**
 - Fill in gaps of information not addressed by standardized assessment tools

The LCP Process: Needs Analysis

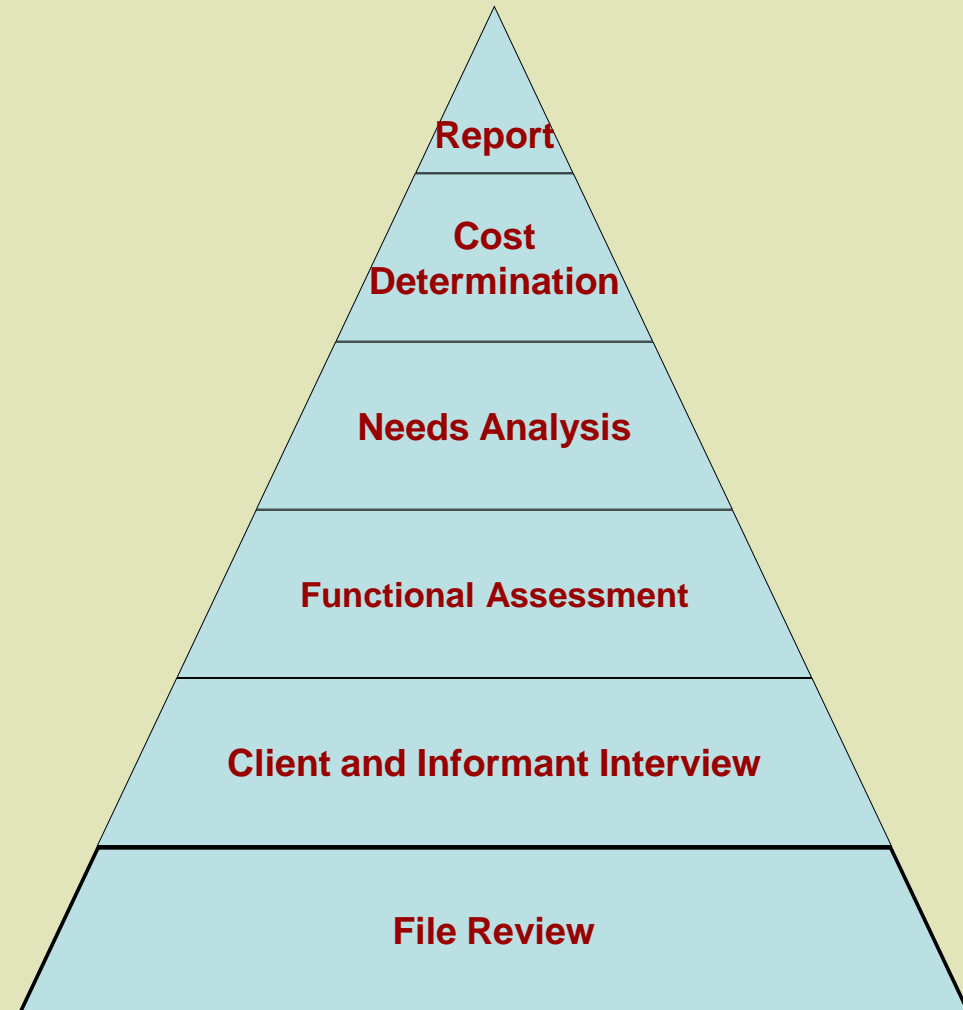
- Hours and frequency determined for **services**
(e.g. housekeeping assistance required for 3 hours/week, community support worker required 4 hours/week)
- Replacement schedules determined for **equipment** (e.g. replace walker every 5 years)
- Changes in need considered at different **life stages** (e.g. adolescence versus adulthood) and **ages** (e.g. adult versus senior years)

The LCP Process: Cost Determination

- Services providers and companies in client's community contacted to determine realistic costs
- Life Care Planner calculates only annual costs
- Economist determines total cost of plan throughout client's life, considering inflation costs

Life Care Planning following Brain Injury: Concluding Remarks

- Blueprint for client and their families to assist with future planning and informed decision making
- Understanding executive function and how this affects day to day functioning improves the validity of the LCP



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