

Rancho Los Amigos Scale of Brain Injury Recovery:

Levels 1-3 (1 = No response, 2 = Generalized response, 3 = Localized response)

What you may experience:	What family can do:
No response to verbal or visual stimuli	<ul style="list-style-type: none"> • Talk in a normal tone of voice • Keep comments short and simple • Explain everything they are doing to or around you <i>"I'm going to get up and close the shade."</i> • Give extra time for you to respond if they ask you to do something
Responds inconsistently to commands, follows moving object in visual field, withdraws to pain	<ul style="list-style-type: none"> • Be patient, create a calm environment. Try not to over-stimulate you by asking you repeatedly to do things

Levels 4-5 (Level 4 = Confused-agitated, Level 5 = Confused-inappropriate)

What you may experience:	What family can do:
Ongoing confusion with possible agitation	<ul style="list-style-type: none"> • Use a calm, normal tone of voice. Always tell you what they are doing before they do it • Frequently tell you who they are, where they are, why they are here and who is with them • Use calming activities from the "Comfort Box" when you are agitated or upset (Occupational Therapist can provide this)
Fear, not understanding what has happened	<ul style="list-style-type: none"> • Share basic information with you (where they are, who is with them)
May not understand that others or staff are trying to help you	<ul style="list-style-type: none"> • Help you get started on activities or to organize the steps for activities. Once you show you understand, they can reduce their

	<p>help</p> <ul style="list-style-type: none"> • Show you what they would like you to do
Focused on meeting basic needs (eating, relieving pain, sleeping, going to the bathroom, moving or going home)	<ul style="list-style-type: none"> • Allow movement as much as possible, keeping safety in mind
Difficulty following directions	<ul style="list-style-type: none"> • Repeat things as often as needed • Be patient
Easily overwhelmed	<ul style="list-style-type: none"> • Limit 2-3 people in the room at a time and one person talking at a time

Levels 6-7 (Level 6 = Confused-appropriate, Level 7 = Automatic-appropriate)

What you may experience:	What family can do:
Difficulty thinking and remembering; poor concentration	<ul style="list-style-type: none"> • Tell you the date, day, year, hospital name and place of hospital • Repeat things • Write things • Discuss things that have happened in the day
Able to follow a schedule with help	<ul style="list-style-type: none"> • Encourage you to use a schedule and help you to keep track of the correct date (for example, using a wall calendar or daily planner)
More difficulty paying attention or working in noisy backgrounds or with distractions	<ul style="list-style-type: none"> • Reduce distractions by working in a quiet space • Turn the TV or radio off • Only work on one thing at a time • Give rest breaks
Awareness to their situation may be improving but still impaired	<ul style="list-style-type: none"> • Talk about your situation and remind you that your “job” right now is to get better • Look at familiar items
May make unsafe or inappropriate decisions	<ul style="list-style-type: none"> • Remove things from the environment that may be unsafe (such as car keys and tools)

	<ul style="list-style-type: none"> • Provide supervision
May do things too slowly or too quickly	<ul style="list-style-type: none"> • Encourage you to slow down and think things through if moving too quickly • Be patient • Help start and continue activities

Levels 8-10: Purposeful and appropriate

What you may experience:	What family can do:
More aware of thinking and memory changes	<ul style="list-style-type: none"> • Have a set or routine schedule • Encourage participation in the full routine of the day, including therapy • Use memory aids (for example, a calendar, journal, daily planner) • Reassure that difficulties in thinking are from the brain injury • Encourage you to carry out self-care as independently as possible
Start to solve problems better and more safely	<ul style="list-style-type: none"> • Provide help in decision-making and talk about problems without criticizing • Praise good decision-making and effort • Treat you as an adult • Avoid using slang or teasing
May still show poor judgment at times	<ul style="list-style-type: none"> • Provide supervision, as needed • Check with your doctor about restrictions rather than relying on you for information
May still have slower processing speed	<ul style="list-style-type: none"> • Be patient and try not to finish your thoughts or sentences
May still be bothered by background noise or distractions	<ul style="list-style-type: none"> • Provide a structured environment with few distractions