

CHARTING the life course



Everyone uses a variety of community resources and supports to get through their day-to-day routines and everyday lives. The **Supports and Services Schedule** can be used to help you visualize and plan:

- Current community activities and supports an individual utilizes or participates in.
- Identify what community resources and supports may be needed for the individual to pursue additional interests and life goals.
- To plan a weekly schedule.

"Before" and "After" LifeCourse Planning

This is a visual representation of an individual's daily activities and supports **"before"** – when all support was provided by the parents and the disability system, and **"after"** when LifeCourse Planning was applied to the individual's life to include greater community participation and involvement using both natural and formal supports.

Instructions: Use different colors to shade in each time slot with the type of support utilized from your **Supports and Services "Star" Worksheet**.

Supports & Services	Examples	Examples of Ben's Changed Activities
Personal Assets & Strengths	Personal Strengths Financial Planning, SSI Able Act , Banking	Ben is increasing his time spent alone
Relationship Based	Parents, Primary Caregiver	Ben's parents provide support to Ben and are now able to have some time for themselves
Relationship Based	People you know: family member, work friend, neighbor, friend	Watched WWE with Matt. Went to Nick's Birthday Party with Matt & friends. Went to dinner with Roy, Carol & family
Technology	Smart Phone, iPad, Skype, GPS App	With the use of technology, Ben is becoming more independent
Community Based	Community members: coworker, business staff, congregation member	Ben spends time at the Fire House twice a week and is the football team manager at his old high school
Eligibility Based	Formal Services – PCA, Residential Staff	Ben receives support from his PCA

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM	Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day						
6:30-7 AM	Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day						
7-7:30 AM	Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day						
7:30-8 AM	Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day						
8-8:30 AM	Waiver Self-Directed PCA						Parents are week-end support
8:30-9 AM	Waiver Self-Directed PCA						
9-9:30 AM	Waiver Self-Directed PCA						
9:30-10 AM	Waiver Self-Directed PCA						
10-10:30 AM	Waiver Self-Directed PCA						
10:30-11 AM	Waiver Self-Directed PCA						
11-11:30 AM	Waiver Self-Directed PCA						
11:30-12 PM	Waiver Self-Directed PCA						
12-12:30 PM	Waiver Self-Directed PCA						
12:30-1 PM	Waiver Self-Directed PCA						
1-1:30 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
1:30-2 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
2-2:30 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
2:30-3 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
3-3:30 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
3:30-4 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
4-4:30 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
4:30-5 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
5-5:30 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
5:30-6 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
6-6:30 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
6:30-7 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
7-7:30 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
7:30-8 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
8-8:30 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
8:30-9 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
9-9:30 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
9:30-10 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc						
10 PM-6 AM	Mom and Dad are overnight staff						

LifeCourse Planning

Before



After



TIME	MON	TUES	WED	THURS	FRI	SAT	SUN		
6-6:30 AM	Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day								
6:30-7 AM	Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day								
7-7:30 AM	Parents support Ben								
7:30-8 AM	Parents support Ben								
8-8:30 AM	Waiver Self-Directed PCA	Volunteers Fire Dept. Supported as needed by firemen	Waiver Self-Directed PCA	Volunteers Fire Dept. Supported as needed by firemen	Waiver Self-Directed PCA	St Ann's w/Mom	Home alone while Mom walks		
8:30-9 AM									
9-9:30 AM									
9:30-10 AM									
10-10:30 AM									
10:30-11 AM									
11-11:30 AM									
11:30-12 PM									
12-12:30 PM									
12:30-1 PM								Waiver Self-Directed PCA	Waiver Self-Directed PCA
1-1:30 PM									
1:30-2 PM									
2-2:30 PM									
2:30-3 PM	Volunteer at high school supported by coaches and friends								
3-3:30 PM	Volunteer at high school supported by coaches and friends								
3:30-4 PM	Volunteer at high school supported by coaches and friends								
4-4:30 PM	Volunteer at high school supported by coaches and friends								
4:30-5 PM	Volunteer at high school supported by coaches and friends								
5-5:30 PM	Volunteer at high school supported by coaches and friends								
5:30-6 PM	Mom and Dad prepare meal and assist as needed								
6-6:30 PM	Mom and Dad prepare meal and assist as needed								
6:30-7 PM	WWE with Matt	Home alone while Mom walks			Dinner with Roy, Carol & family Nick's Birthday Party with Nick & friends				
7-7:30 PM		Home alone while Mom walks							
7:30-8 PM		Home alone while Mom walks							
8-8:30 PM		Horseback Therapy w/ Dad							
8:30-9 PM		Horseback Therapy w/ Dad							
9-9:30 PM		Horseback Therapy w/ Dad							
9:30-10 PM		Horseback Therapy w/ Dad							
10 PM-6 AM		Mom and Dad are overnight staff							

CHARTING the life course



Planning a "Good Life" within my Community – Activities, Supports and Services

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM							
6:30-7 AM							
7-7:30 AM							
7:30-8 AM							
8-8:30 AM							
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