

# CHARTING the LifeCourse



## Integrated Long Term Support Needs

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							
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							
1-1:30 PM							
1:30-2 PM							
2-2:30 PM							
2:30-3 PM							
3-3:30 PM							
3:30-4 PM							
4-4:30 PM							
4:30-5 PM							
5-5:30 PM							
5:30-6 PM							
6-6:30 PM							
6:30-7 PM							
7-7:30 PM							
7:30-8 PM							
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM							

# CHARTING the LifeCourse



Everyone uses a variety of resources and supports to get through their day-to-day routines and everyday lives. The Long Term Support Needs Template can be used to visualize the supports an individual currently receives, figure out needed where supports may be needed, or plan a weekly schedule.

## INSTRUCTIONS

Using the color key below, shade in each time slot with the type of support utilized. **Tip:** Use the supports you listed in your **Integrated Supports Star Worksheet** to help you fill out your schedule.

<b>Personal Assets &amp; Strengths</b>	Color the space in <b>light blue</b> if the individual spent the time alone.
<b>Relationship Based</b> Primary caregiver	Color in the space <b>darker purple</b> if the individual was supported by <b>the primary caregiver</b> .
<b>Relationship Based</b>	Color in the space <b>light purple</b> if the individual was supported by person(s) that they know (ie: a family member, friend, neighbor, worker friend).
<b>Technology</b>	Color in the space <b>pink</b> if the individual used technology as a support.
<b>Community Based</b>	Color in the space <b>dark blue</b> if the individual was supported by community members (ie: coworker, business staff, congregation member).
<b>Eligibility Based</b>	Color in the space <b>green</b> if the individual was supported using a formal service (ie: residential supports, PCA, community integration, day habilitation).

## Before and After Integrated Support

This is a visual representation of a particular individual's long term supports "before" – when all support was provided through the disability system and the parents, and "after" when the Integrated Support Star was applied to the individuals support needs and life.

**Long Term Service and Support Needs**

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							
7-7:30 AM							
7:30-8 AM							
8-8:30 AM	Waiver Self-Directed PCA			Parents are weekend support			
8:30-9 AM							
9-9:30 AM							
9:30-10 AM							
10-10:30 AM	Mom and Dad provide all support, including meals, transportation and support for activities, etc.						
10:30-11 AM							
11-11:30 AM							
11:30-12 PM							
12-12:30 PM							
12:30-1 PM							
1-1:30 PM							
1:30-2 PM							
2-2:30 PM							
2:30-3 PM							
3-3:30 PM							
3:30-4 PM							
4-4:30 PM	Mom and Dad are overnight staff						
4:30-5 PM							
5-5:30 PM							
5:30-6 PM							
6-6:30 PM							
6:30-7 PM							
7-7:30 PM							
7:30-8 PM							
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM							

**Long Term Service and Support Needs**

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							
7-7:30 AM							
7:30-8 AM							
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	
8:30-9 AM							
9-9:30 AM							
9:30-10 AM							
10-10:30 AM	Volunteer at high school, supported by coaches and friends						
10:30-11 AM							
11-11:30 AM							
11:30-12 PM							
12-12:30 PM							
12:30-1 PM							
1-1:30 PM							
1:30-2 PM							
2-2:30 PM							
2:30-3 PM							
3-3:30 PM	Mom and/or Dad prepare meal and assist as needed						
3:30-4 PM							
4-4:30 PM							
4:30-5 PM							
5-5:30 PM							
5:30-6 PM							
6-6:30 PM							
6:30-7 PM							
7-7:30 PM	WWE With Matt	Home alone while Mom walks				Dinner w/ Roy & Carol & family	
7:30-8 PM							
8-8:30 PM							
8:30-9 PM							
9-9:30 PM	Mom and Dad are overnight staff						
9:30-10 PM							
10 PM-6 AM							