

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.

Personal Assets & Strengths	Color the space in light blue if the individual spent the time alone.
Relationship Based Primary caregiver	Color in the space darker purple if the individual was supported by the primary caregiver .
Relationship Based	Color in the space light purple if the individual was supported by person(s) that they know (ie: a family member, friend, neighbor, worker friend).
Technology	Color in the space pink if the individual used technology as a support.
Community Based	Color in the space dark blue if the individual was supported by community members (ie: coworker, business staff, congregation member).
Eligibility Based	Color in the space green 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	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 weekend support			
8:30-9 AM	Waiver Self-Directed PCA			Parents are weekend support			
9-9:30 AM	Waiver Self-Directed PCA			Parents are weekend support			
9:30-10 AM	Waiver Self-Directed PCA			Parents are weekend support			
10-10:30 AM	Waiver Self-Directed PCA			Parents are weekend support			
10:30-11 AM	Waiver Self-Directed PCA			Parents are weekend support			
11-11:30 AM	Waiver Self-Directed PCA			Parents are weekend support			
11:30-12 PM	Waiver Self-Directed PCA			Parents are weekend support			
12-12:30 PM	Waiver Self-Directed PCA			Parents are weekend support			
12:30-1 PM	Waiver Self-Directed PCA			Parents are weekend support			
1-1:30 PM	Waiver Self-Directed PCA			Parents are weekend support			
1:30-2 PM	Waiver Self-Directed PCA			Parents are weekend support			
2-2:30 PM	Waiver Self-Directed PCA			Parents are weekend support			
2:30-3 PM	Waiver Self-Directed PCA			Parents are weekend support			
3-3:30 PM	Waiver Self-Directed PCA			Parents are weekend support			
3:30-4 PM	Waiver Self-Directed PCA			Parents are weekend support			
4-4:30 PM	Waiver Self-Directed PCA			Parents are weekend support			
4:30-5 PM	Waiver Self-Directed PCA			Parents are weekend support			
5-5:30 PM	Waiver Self-Directed PCA			Parents are weekend support			
5:30-6 PM	Waiver Self-Directed PCA			Parents are weekend support			
6-6:30 PM	Waiver Self-Directed PCA			Parents are weekend support			
6:30-7 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc.			Parents are weekend support			
7-7:30 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc.			Parents are weekend support			
7:30-8 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc.			Parents are weekend support			
8-8:30 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc.			Parents are weekend support			
8:30-9 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc.			Parents are weekend support			
9-9:30 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc.			Parents are weekend support			
9:30-10 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc.			Parents are weekend support			
10 PM-6 AM	Mom and Dad are overnight staff						

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	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		
8:30-9 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		
9-9:30 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		
9:30-10 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
10-10:30 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
10:30-11 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
11-11:30 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
11:30-12 PM	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		Home alone while Mom walks
12-12:30 PM	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		Home alone while Mom walks
12:30-1 PM	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		Home alone while Mom walks
1-1:30 PM	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		Home alone while Mom walks
1:30-2 PM	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		Home alone while Mom walks
2-2:30 PM	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		Home alone while Mom walks
2:30-3 PM	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		Home alone while Mom walks
3-3:30 PM	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		Home alone while Mom walks
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4-4:30 PM	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		Home alone while Mom walks
4:30-5 PM	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		Home alone while Mom walks
5-5:30 PM	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		Home alone while Mom walks
5:30-6 PM	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		Home alone while Mom walks
6-6:30 PM	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		Home alone while Mom walks
6:30-7 PM	WWE With Matt	Home alone while Mom walks	WWE With Matt	Home alone while Mom walks	WWE With Matt		Dinner w/ Roy & Carol & family
7-7:30 PM	WWE With Matt	Home alone while Mom walks	WWE With Matt	Home alone while Mom walks	WWE With Matt		Dinner w/ Roy & Carol & family
7:30-8 PM	WWE With Matt	Home alone while Mom walks	WWE With Matt	Home alone while Mom walks	WWE With Matt		Dinner w/ Roy & Carol & family
8-8:30 PM	WWE With Matt	Home alone while Mom walks	WWE With Matt	Home alone while Mom walks	WWE With Matt		Dinner w/ Roy & Carol & family
8:30-9 PM	WWE With Matt	Home alone while Mom walks	WWE With Matt	Home alone while Mom walks	WWE With Matt		Dinner w/ Roy & Carol & family
9-9:30 PM	WWE With Matt	Home alone while Mom walks	WWE With Matt	Home alone while Mom walks	WWE With Matt		Dinner w/ Roy & Carol & family
9:30-10 PM	WWE With Matt	Home alone while Mom walks	WWE With Matt	Home alone while Mom walks	WWE With Matt		Dinner w/ Roy & Carol & family
10 PM-6 AM	Mom and Dad are overnight staff						