

Integrated Long Term Support Needs – Before and After Integrated Supports

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.



	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM	sleep						
6:30-7 AM	sleep						
7-7:30 AM	iPad						
7:30-8 AM	iPad						
8-8:30 AM	get ready for the day; eat breakfast						
8:30-9 AM	get ready for the day; eat breakfast						
9-9:30 AM	distance learning	distance learning	distance learning	distance learning	distance learning		
9:30-10 AM							
10-10:30 AM							worship via Facebook live
10:30-11 AM							
11-11:30 AM							
11:30-12 PM	lunch						
12-12:30 PM	lunch						
12:30-1 PM	lunch						
1-1:30 PM	watch TV; play on computer; IM with friends on social media	watch TV; play on computer; IM with friends on social media	watch TV; play on computer; IM with friends on social media	watch TV; play on computer; IM with friends on social media	watch TV; play on computer; IM with friends on social media		
1:30-2 PM							
2-2:30 PM							meditation via Skype
2:30-3 PM							
3-3:30 PM						outside activity if weather permits	
3:30-4 PM	watch TV; play on computer; IM with friends on social media	watch TV; play on computer; IM with friends on social media	watch TV; play on computer; IM with friends on social media	watch TV; play on computer; IM with friends on social media	watch TV; play on computer; IM with friends on social media		
4-4:30 PM							
4:30-5 PM							Young Life Capernaum via Zoom
5-5:30 PM							
5:30-6 PM							
6-6:30 PM	virtual BINGO on Facebook	virtual BINGO on Facebook	virtual BINGO on Facebook	virtual BINGO on Facebook	virtual BINGO on Facebook		
6:30-7 PM							
7-7:30 PM							extended family FaceTime chat
7:30-8 PM							Facebook live concerts by local musicians
8-8:30 PM							
8:30-9 PM							
9-9:30 PM	sleeping						
9:30-10 PM	sleeping						
10 PM-6 AM	sleeping						

Developed by UMKC IHD, UCEDD. More materials at lifecoursetools.com MAY 2016

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 dark 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).