### 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.

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**Before Integrated Supports**
- 6-6:30 AM: Sleep
- 6:30-7 AM: iPad
- 7-7:30 AM: Get ready for the day; eat breakfast
- 7:30-8 AM: Distance learning
- 8-8:30 AM: Watch TV; play on computer; IM with friends on social media
- 8:30-9 AM: Meditation via Skype
- 9-9:30 AM: Watch TV; play on computer; IM with friends on social media
- 9:30-10 AM: Meditation via Skype
- 10-10:30 AM: Distance learning
- 10:30-11 AM: Worship via Facebook live
- 11-11:30 AM: Distance learning
- 11:30-12 PM: Lunch

**After Integrated Supports**
- 6-6:30 AM: Sleep
- 6:30-7 AM: iPad
- 7-7:30 AM: Get ready for the day; eat breakfast
- 7:30-8 AM: Distance learning
- 8-8:30 AM: Virtual BINGO on Facebook
- 8:30-9 AM: Facebook live concerts by local musicians
- 9-9:30 AM: Extended family FaceTime chat
- 9:30-10 AM: Sleeping

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**Young Life Capernaum via Zoom**

**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.

<table>
<thead>
<tr>
<th>Category</th>
<th>Color Code</th>
<th>Description</th>
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<tbody>
<tr>
<td>Personal Assets &amp; Strengths</td>
<td><strong>light blue</strong></td>
<td>If the individual spent the time alone.</td>
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<tr>
<td>Relationship Based</td>
<td><strong>darker purple</strong></td>
<td>If the individual was supported by the primary caregiver.</td>
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<tr>
<td>Primary caregiver</td>
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<tr>
<td>Relationship Based</td>
<td><strong>light purple</strong></td>
<td>If the individual was supported by person(s) that they know (e.g., family member, friend, neighbor, worker friend).</td>
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<tr>
<td>Technology</td>
<td><strong>pink</strong></td>
<td>If the individual used technology as a support.</td>
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<tr>
<td>Community Based</td>
<td><strong>dark blue</strong></td>
<td>If the individual was supported by community members (e.g., coworker, business staff, congregation member).</td>
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<tr>
<td>Eligibility Based</td>
<td><strong>green</strong></td>
<td>If the individual was supported using a formal service (e.g., residential supports, PCA, community integration, day habilitation).</td>
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