

CHARTING the LifeCourse



Integrated Long Term Support Needs

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM	Sleeping, personal time, prep for the day, dress, brush teeth independently with prompting						
6:30-7 AM							
7-7:30 AM							
7:30-8 AM							
8-8:30 AM							
8:30-9 AM							
9-9:30 AM	Breakfast prep, breakfast, kitchen cleanup						
9:30-10 AM	Breakfast prep, breakfast, kitchen cleanup						
10-10:30 AM	School time with communication device and Chrome Book. Mom 1:1 with lessons					Family Chore time Building skills in Laundry	
10:30-11 AM							
11-11:30 AM		IS 1:1	CITE Online	IS 1:1			
11:30-12 PM							
12-12:30 PM	Emerging Skills in Lunch Prep and cooking					Carry Out Choice	Lunch
12:30-1 PM	Emerging Skills in Lunch Prep and cooking					Carry Out Choice	Lunch
1-1:30 PM	Personal time: In his room in basement with activities, iPad (His Choice)					Laundry and bath time	
1:30-2 PM	Personal time: In his room in basement with activities, iPad (His Choice)						
2-2:30 PM	Walk with Mom					Family Time varied and spontaneous: Movies, reading, outside, etc	
2:30-3 PM	Walk with Mom						
3-3:30 PM	Bath and Personal Care						
3:30-4 PM	Bath and Personal Care						
4-4:30 PM	Reading/gardening with mom						
4:30-5 PM	Reading/gardening with mom						
5-5:30 PM	Dinner/helping mom set up table and later clean up after dinner					Family Time varied and spontaneous: Movies, reading, outside, etc	
5:30-6 PM							
6-6:30 PM							
6:30-7 PM	iPad with educational Apps and YouTube						
7-7:30 PM	iPad with educational Apps and YouTube						
7:30-8 PM	iPad with educational Apps and YouTube						
8-8:30 PM	Independent skill building with taking Medicine						
8:30-9 PM	Sleep Hygiene routine, bed						
9-9:30 PM							
9:30-10 PM							