**Activity & Support Plan MONDAY MORNING**

Staff names & shift times

|  |  |
| --- | --- |
| *Alison: 07:00 – 14:00* | *John: 19:00 – 07:00* |
| *Peter: 07:00 – 19:00* |  |
| *etc* |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time | e.g Bob | Staff | Name | Staff | Name | Staff | Name | Staff | Household | Options |
| 06:30 |  |  |  |  |  |  |  |  | Put bins out  Sort Mail  Clean Bathroom  Cook Dinner  Load Dishwasher  Clean fish tank  Tidy Bookshelf  Etc. | Golf Range  Cinema  Walk  Post Mail  Food Shopping  Swimming  Lunch Out  Computer Time  Movie Night  Games Night  etc |
| 7:00 | Wake Up  Shower  Teeth | A |  |  |  |  |  |  |
| 7:30 |  |  |  |  |  |  |
| 8:00 |  |  |  |  |  |  |
| 8:30 | Take dirty washing to laundry room | NA |  |  |  |  |  |  |
| 9:00 | Medication & Breakfast (Bob to make own toast) | A |  |  |  |  |  |  |
| 9:30 |  |  |  |  |  |  |
| 10:00 | Walk around Park, Bob buys own coffee on the way | P |  |  |  |  |  |  |
| 10:30 |  |  |  |  |  |  |  |
| 11:00 |  |  |  |  |  |  |  |  |
| 11:39 |  |  |  |  |  |  |  |
| 12:00 | Lunch  Bob to heat up soup – monitor throughout | P |  |  |  |  |  |  |
| 12:30 |  |  |  |  |  |  |

*This template is to be used as a guide and can be altered to suit the needs of the service user and the environment. Please adapt plan as necessary.*

*If the individual lives alone then please delete all additional cells.*

*If an activity is to run over the 30 min time slot and you wish to merge the cells (as seen above) highlight the boxes in whereby the activity will take place, right click and select ‘merge cells’.*

*For more information regarding Active Support and Activity support planning visit:*

<https://arcuk.org.uk/publications/files/2011/11/Active-Support-Handbook.pdf>