**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 outSort Mail Clean BathroomCook DinnerLoad DishwasherClean fish tankTidy BookshelfEtc. | Golf Range Cinema Walk Post Mail Food Shopping Swimming Lunch Out Computer Time Movie Night Games Night etc |
| 7:00 | Wake UpShowerTeeth | 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>