

SAMPLE TIMETABLE 1 – Someone in supported living

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>	9/9:15am by car  LOWER BUSH FARM 10am-3pm	Bus or car to  SHREWSBURY SPORTS VILLAGE 10am-2pm	MAKACHAT GROUP at Abbotswood day Centre	9/9:15am by car  LOWER BUSH FARM 10am-3pm	ARTY PARTY 11 – 4pm most weeks	HORSE-RIDING 11am Cavallier Centre	OPTIONAL
<b>Lunch</b>	Packed lunch	Packed lunch	Packed lunch or lunch out	Packed lunch	Packed lunch		
<b>Afternoon</b>	LOWER BUSH FARM  Home around 4pm by car	SHREWSBURY SPORTS VILLAGE  Bus or car back	FLEXIBLE – bowling, food shopping, swimming	LOWER BUSH FARM  Home around 4pm by car	ARTY PARTY Car/walk home	Visits with family LAUNDRY/linen	Once a month big household day trip/outing
<b>Evening</b> Not prescriptive, just suggestions based on likes	Meal preparation	Menu planning with housemates plus shopping list	Fortnightly DISCO	Meal preparation	Film night at home – invite friend over	Take-away / meal out	

SUPPORT PLAN SUMMARY

Support/supervision 24/7. This includes:

- 1:1 waking night support due to health needs – other housemates share sleep in support.
- elements of 1:2 and 1:1 support
- Community Learning Disability Team involvement – Physiotherapy (oversight of daily exercise regime), Occupational Therapy (re: adaptations to house), Speech & Language Therapy (oversight of communication plan)