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.

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6-6:30 AM	Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day						
6:30-7 AM							
7-7:30 AM							
7:30-8 AM							
8-8:30 AM	Waiver Self-Directed PCA					Parents are weekend support	
8:30-9 AM							
9-9:30 AM							
9:30-10 AM							
10-10:30 AM							
10:30-11 AM							
11-11:30 AM							
11:30-12 PM							
12-12:30 PM							
12:30-1 PM							
1-1:30 PM							
1:30-2 PM							
2-2:30 PM							
2:30-3 PM							
3-3:30 PM							
3:30-4 PM							
4-4:30 PM	Mom and Dad provide all support, including meals, transportation and support for activities, etc.						
4:30-5 PM							
5-5:30 PM							
5:30-6 PM							
6-6:30 PM							
6:30-7 PM							
7-7:30 PM							
7:30-8 PM							
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM	Mom and Dad are overnight staff						

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6-6:30 AM	Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day						
6:30-7 AM							
7-7:30 AM	Parents support Ben						
7:30-8 AM							
8-8:30 AM	Waiver Self-Directed PCA	Volunteers Fire Dept Supported as needed by firemen	Waiver Self-Directed PCA	Volunteers Fire Dept Supported as needed by firemen	Waiver Self-Directed PCA		
8:30-9 AM							
9-9:30 AM							
9:30-10 AM							
10-10:30 AM							St. Ann's w/ mom
10:30-11 AM							
11-11:30 AM							
11:30-12 PM						Home alone while Mom walks	
12-12:30 PM							
12:30-1 PM		Waiver Self-Directed PCA		Waiver Self-Directed PCA			
1-1:30 PM							
1:30-2 PM							
2-2:30 PM							
2:30-3 PM	Volunteer at high school, supported by coaches and friends						
3-3:30 PM							
3:30-4 PM							
4-4:30 PM							
4:30-5 PM							
5-5:30 PM							
5:30-6 PM	WWE With Matt	Mom and/or Dad prepare meal and assist as needed					
6-6:30 PM						Dinner w/ Roy & Carol & family	
6:30-7 PM		Home alone while Mom walks					
7-7:30 PM			Horseback Therapy w/ Dad				
7:30-8 PM						Nick's Birthday Party with Matt and friends	
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM	Mom and Dad are overnight staff						

Download the Integrated Long Term Service and Support Needs Template at lifecoursetools.com/planning