

# WEEKLY SCHEDULE (EXAMPLE)

## INCLUDE ALL FORMAL AND INFORMAL SUPPORTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b> 1am – 8am Change hours to suit schedule? school day??	Night waker, up to 3 times per night, help to return to bed. Informal support - family.  Preparing for the day – self care 1x hour - funded-support worker – Informal support? Xx weeks p/year  Activity/outing – school / volunteer work /Autism west /sport X hours Funded or Informal support – family friends XX weeks p/year	Night waker, up to 3 times per night, help to return to bed. Informal support - family.  Preparing for the day – self care 1x hour - funded-support worker – Informal support? Xx weeks p/year  Activity/outing – school / volunteer work /Autism west /sport X hours Funded or Informal support – family friends XX weeks p/year	Night waker, up to 3 times per night, help to return to bed. Informal support - family.  Preparing for the day – self care 1x hour - funded-support worker – Informal support? Xx weeks p/year  Activity/outing – school / volunteer work /Autism west /sport X hours Funded or Informal support – family friends XX weeks p/year	Night waker, up to 3 times per night, help to return to bed. Informal support - family.  Preparing for the day – self care 1x hour - funded-support worker – Informal support? Xx weeks p/year  Activity/outing – school / volunteer work /Autism west /sport X hours Funded or Informal support – family friends XX weeks p/year	Night waker, up to 3 times per night, help to return to bed. Informal support - family.  Preparing for the day – self care 1x hour - funded-support worker – Informal support? Xx weeks p/year  Activity/outing – school / volunteer work /Autism west /sport X hours Funded or Informal support – family friends XX weeks p/year	Night waker, up to 3 times per night, help to return to bed. Informal support - family.  Preparing for the day – self care Informal support 52 weeks p/year  Community /sport/ Outing with support X Hours Funded or Informal support – family friends XX weeks p/year	Night waker, up to 3 times per night, help to return to bed. Informal support - family.  Preparing for the day – self care Informal support 52 weeks p/year  Quiet time Family Time, games activities, outing? X hours Funded or Informal support – family friends Xx weeks p/year
<b>Afternoon</b> 12noon – 6pm Change suit schedule	X hours Personal support / Swimming/sport /activity/group funded or informal support? X weeks p/year	X hours Personal support / Swimming/sport /activity/group funded or informal support? X weeks p/year	X hours Personal support / Swimming/sport /activity/group funded or informal support? X weeks p/year	X hours Personal support / Swimming/sport /activity/group funded or informal support? X weeks p/year	X hours Personal support / Swimming/sport /activity/group funded or informal support? X weeks p/year	Family Time games activities outing X hours funded or Informal Support	Family Time games activities outing – 3 hours funded or Informal Support
<b>Night</b> 6pm – 12am (MIDNIGHT)	3-5 Hours Informal support from family to prepare meals, complete evening daily activities, prepare for bed.	3-5 Hours Informal support from family to prepare meals, complete evening daily activities, prepare for bed.	3-5 Hours Informal support from family to prepare meals, complete evening daily activities, prepare for bed.	3-5 Hours Informal support from family to prepare meals, complete evening daily activities, prepare for bed.	3-5 Hours Informal support from family to prepare meals, complete evening daily activities, prepare for bed.	3-5 Hours Informal support from family to prepare meals, complete evening daily activities, prepare for bed.	3-5 Hours Informal support from family to prepare meals, complete evening daily activities, prepare for bed.
<b>ANNUALLY</b> Respite/Camp Days per year	Short Term Breaks to ensure maintain informal supports sustained and to increase Independence. Weekends days per year?? Funded						
<b>Comments about my daily activities- Formal Support required</b> Summarise the weeks schedule Examples : Mon – Friday I attend school 8.30am – 3.00pm Work – 3 hours 2 days per week Volunteer work 4 hours per week Gym / swimming and personal assistant x hours per week x 50 week Preparing for the day Support Worker – 5 hours a week x 50 weeks Autism West 4 hours per week x 48 weeks				<b>Sometimes I...</b> Short term break/ camp respite - 1 week a year.			