



## Necesidades de apoyo integrado a largo plazo – Antes y después del apoyo integrado

Esta es una representación visual del apoyo a largo plazo de un individuo en particular “antes” (cuando solo le brindaban apoyo el sistema de discapacidades y los padres) y “después” de aplicar el enfoque de la estrella del apoyo integrado a las necesidades de apoyo y a la vida del individuo.

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	Mom and Dad provide all support, including meals, transportation and support for activities, etc.						
1:30-2 PM							
2-2:30 PM							
2:30-3 PM							
3-3:30 PM							
3:30-4 PM							
4-4:30 PM							
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							
10:30-11 AM		St. Ann's w/ mom					
11-11:30 AM		Home alone while Mom walks					
11:30-12 PM		Home alone while Mom walks					
12-12:30 PM		Home alone while Mom walks					
12:30-1 PM		Home alone while Mom walks					
1-1:30 PM	Home alone while Mom walks						
1:30-2 PM	Home alone while Mom walks						
2-2:30 PM	Home alone while Mom walks						
2:30-3 PM	Volunteer at high school, supported by coaches and friends						
3-3:30 PM	Volunteer at high school, supported by coaches and friends						
3:30-4 PM	Volunteer at high school, supported by coaches and friends						
4-4:30 PM							
4:30-5 PM							
5-5:30 PM							
5:30-6 PM	Mom and/or Dad prepare meal and assist as needed						
6-6:30 PM	Mom and/or Dad prepare meal and assist as needed						
6:30-7 PM	Home alone while Mom walks					Dinner w/ Roy & Carol & family	
7-7:30 PM	Home alone while Mom walks					Dinner w/ Roy & Carol & family	
7:30-8 PM	WWE With Matt	Horseback Therapy w/ Dad					Nick's Birthday Party with Matt and friends
8-8:30 PM		Horseback Therapy w/ Dad					
8:30-9 PM		Horseback Therapy w/ Dad					
9-9:30 PM		Horseback Therapy w/ Dad					
9:30-10 PM		Horseback Therapy w/ Dad					
10 PM-6 AM	Mom and Dad are overnight staff						

Descarga el horario de Necesidades de apoyo integrado a largo plazo en [lifecoursetools.com/planning](http://lifecoursetools.com/planning)