

Supported Lifestyle Plan Sample Template

The Supported Lifestyle Plan (SLP) becomes your tool to help you negotiate for attendant support hours and becomes your main tool to help you with recruiting staff, this SLP includes a detailed description of the entire day and the care that is required.

Please note the SLP includes Overnight care as well as Non-Daily Tasks and a list of Medical Issues which will help you think about how the personal care timeline connects to health issues. Please keep in mind this is just a template which may include tasks that do not pertain to you, and you will want to add specific tasks that are relevant to you.

After you complete the general tasks in the 24 hours it is very important for you to go back and then give specific detail of how that task is done which will demonstrate why it takes the time that you say it takes. For example transfer from bed to shower chair 15 minutes. This would be generally the main point but underneath it is important to talk about the preparation, a process of putting the sling under you, if you have muscle spasms during the process, as much detail about moving from side to side etc.

Supported Lifestyle Plan

Morning

Medications given

5 min.

- Counting pills and preparing pills
- prepare a glass of water with a straw
- administering one pill at a time (6 pills)
- always checking to make sure he swallows pill
- nose spray (must hold his head down during administration due to shaking)

Get sleep out of his eyes

3 min.

- collect wash cloth
- warm up cloth to his temperature (due to Cognitive disability)
- physically wipe his eyes
- extract sleep from his eyes
- wash the cloth out again
- hang cloth to dry

Assist With Bathing daily

50 min.

- bathing daily due to night sweat (side effect of medication)
- due to bowel, need for shower is important
- prepare bath tub with luke warm temperature, need to set temperature perfectly (due to cognitive disability)
- assist with removing clothes
- use our bodies as support as he gets in and out of the tub

- going to the tub to wipe his eyes, sometimes 10x/bath, because he's constantly soaping his face (due to cognitive disability)
- pull plug out of the tub
- stand by the washroom door, make sure he's not having a seizure during bath time
- find bar of soap regularly as he drops it in the water (due to Cognitive disability)
- clean up mess he leaves behind (toilet paper, wipes, clothing, towels). Due to Cognitive disability
- prepare 3 towels in bathroom in preparation for a seizure
- clean up water on the floor (safety hazard)

Transfer to Wheelchair 20 min.

- Put sling underneath me, rolling me over a couple times (5 min.)
- Take battery out of charger and put it in the lift (4 min.)
- Attach 8 straps to lift (5 min.)
- Lift me up, slide me over top of my wheelchair, lower me down into chair (6 min.)

Toilet Time (either BM or Urination) 30 min.

- he plugs the toilet with toilet paper (due to Cognitive disability)
- cleaning him up after bowel movement, when he is unable to
- pull up his zipper and buckle his belt
- have discussion regarding the fact one should not plug the toilet with toilet paper (due to Cognitive disability)
- keeping watch for seizure, because this is most commonly when it occurs

Hand washing 15 min.

- obsessive hand washing after toilet
- clean up as water and soap gets everywhere

Apply his deodorant 2 min.

Assist with dressing 10 min.

- he gets confused and puts on clothes backwards
- redressing him properly
- pull up his zipper and buckle his belt
- changing his mind about what to wear (due to Cognitive disability)
- assist in changing incontinent products
- putting on socks and shoes, tying shoes
- working with him to not be agitated after

Shaving 10 min.

- must be very careful due to his excessive shaking
- ensure there are no nicks/cuts

Do his hair 1 min.

Brushing teeth (Oral Care) 5 min.

- Keeping head steady due to excessive shaking

Clean his ears with Q-tips 1 min.

- must be very careful due to his excessive shaking

Prepare Breakfast 10 min.

Feeding 45 min.

- decide what he will eat, because he cannot decide for himself

- make sure food isn't too hot
- cut up food so he will not choke
- must be careful and take time while feeding him, due to his excessive shaking

Give vitamins

5 min.

- has to be taken in increments, very many vitamins

Clean Up

5 min.

Keep his room dust free, due to environmental allergies

20 min.

Give him something to drink

10 min.

- fill his thermos, when they go out
- every hour be sure he has water

TOTAL XX min

Approx. XX Hr.

Midday

Toilet Time (either BM or Urination)

30 min.

- he plugs the toilet with toilet paper (due to Cognitive disability)
- cleaning him up after bowel movement, when he is unable to
- pull up his zipper and buckle his belt
- have discussion regarding the fact one should not plug the toilet with toilet paper (due to Cognitive disability)
- keeping watch for seizure, because this is most commonly when it occurs

Hand washing

15 min.

- obsessive hand washing after toilet
- clean up as water and soap gets everywhere

Snack Prep

5 min.

Feeding

15 min.

- decide what he will eat, because he cannot decide for himself
- make sure food isn't too hot
- cut up food so he will not choke
- must be careful and take time while feeding him, due to his excessive shaking

Give him something to drink

10 min.

- fill his thermos, when they go out
- every hour be sure he has water

Prepare lunch

10 min.

Feeding

45 min.

- decide what he will eat, because he cannot decide for himself
- make sure food isn't too hot
- cut up food so he will not choke
- must be careful and take time while feeding him, due to his excessive shaking

Give him something to drink

10 min.

- fill his thermos, when they go out
- every hour be sure he has water

Clean Up

5 min.

**TOTAL XX min
Approx. XX Hr.**

Afternoon

Snack Prep

5 min.

Feeding

15 min.

- decide what he will eat, because he cannot decide for himself
- make sure food isn't too hot
- cut up food so he will not choke
- must be careful and take time while feeding him, due to his excessive shaking

Monitor while he rests

60 min.

- watch for seizures
- audio video monitor on, listening for a rhythm which indicates a seizure

Toilet Time (either BM or Urination)

30 min.

- he plugs the toilet with toilet paper (due to Cognitive disability)
- cleaning him up after bowel movement, when he is unable to
- pull up his zipper and buckle his belt
- have discussion regarding the fact one should not plug the toilet with toilet paper (due to Cognitive disability)
- keeping watch for seizure, because this is most commonly when it occurs

Hand washing

15 min.

- obsessive hand washing after toilet
- clean up as water and soap gets everywhere

Give him something to drink

10 min.

- fill his thermos, when they go out
- every hour be sure he has water

**TOTAL XX min
Approx. XX Hr.**

Evening

Dinner Prep

10 min.

Feeding

45 min.

- decide what he will eat, because he cannot decide for himself
- make sure food isn't too hot
- cut up food so he will not choke
- must be careful and take time while feeding him, due to his excessive shaking

Give vitamins

5 min.

- has to be taken in increments, very many vitamins

Clean Up**5 min.****Give him something to drink****10 min.**

- fill his thermos, when they go out
- every hour be sure he has water

Toilet Time (either BM or Urination)**30 min.**

- he plugs the toilet with toilet paper (due to Cognitive disability)
- cleaning him up after bowel movement, when he is unable to
- pull up his zipper and buckle his belt
- have discussion regarding the fact one should not plug the toilet with toilet paper (due to Cognitive disability)
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Hand washing**15 min.**

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Snack Prep**5 min.****Feeding****15 min.**

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Give him something to drink**10 min.**

- fill his thermos, when they go out
- every hour be sure he has water

Medications given**5 min.**

- Counting pills and preparing pills
- prepare a glass of water with a straw
- administering one pill at a time (6 pills)
- always checking to make sure he swallows pill
- nose spray (must hold his head down during administration due to shaking)

Brushing teeth (Oral Care)**5 min.**

- Keeping head steady due to excessive shaking

TOTAL XX min
Approx. XX Hr.

Overnight**Assist to and from toilet (3x/night)****90 min.**

- helping him out of bed
- getting him in and out of his wheelchair
- getting him on and off the toilet
- pulling up his pull ups and pajamas
- helping him into his bed

Assist to put Pajamas on**5 min.**

Fix Bipap machine (4x/night)

60 min.

- ensure the numbers are correct on the bipap machine
- when he rolls over, bipap goes askew
- need to get him reorganized and get mask back on

**TOTAL XX min
Approx. XX Hr.**

CONTINUOUS DAILY ACTIVITIES

Answer the same questions (50x/day @ 48 seconds each)

40 min.

- due to his memory loss
- he doesn't remember 5 minutes ago
- hearing the same stories day in and day out

Adjust, clean, replace his glasses (put on, take off)

5 min.

- knocks his glasses off 5x/day @ 1 min. each

Blow his nose (2x/day @ 2.5 min. each)

5 min.

Monitor for Seizures (24 hours per day)

120 min

**TOTAL XX min
Approx. XX Hr.**

NON-DAILY TASKS

Take him to Allergy doctor for shots (1x/week)

8.6 min.

- 60 min./wk = 8.6 min./day
- have to wait 30 minutes for reaction

Massage Therapist (1x/week)

8.6 min.

- 60 min./wk = 8.6 min./day

Cut his nails (1x/week)

1.4 min.

- 10 min./wk = 1.4 min./day
- must be very careful due to his excessive shaking
- he reaches for his face often, must keep nails short so he doesn't scratch his face

Exercise (3x/week)

25.7 min.

- 180 min./wk = 25.7 min./day
- assisting him in and out of wheelchair to machines
- constantly reminding him and showing him how to do exercises

Driving to Appointments (5x/week)

28.6 min.

- 200 min./wk = 28.6 min./day
- reminder not to grab at someone who is driving, it is dangerous
- dealing with seizures while driving in car
- massage therapy, allergy shots, exercise with personal trainer

Housekeeping/Laundry (2x/week)

8.6 min.

- 60 min./wk = 8.6 min./day

- GP Appointment (1x/month)** **3.6 min.**
 - 100 min./mos = 25 min./week = 3.6 min./day

- Seizure Neurologist (2x/year)** **0.4 min.**
 - 120 min./yr = 10 min./mos = 2.5 min./wk = 0.4 min./day

- MS Neurologist (1x/year)** **0.18 min.**
 - 60 min./yr = 5 min./mos = 1.25 min./wk = 0.18 min./day

- Deal with Emotional bouts of Crying called Pseudo Bulbar Affect (2x/month)** **2.1 min.**
 - 60 min./mos = 15 min./wk = 2.1 min./day
 - anger and frustration
 - sit down with him and calm him down

- Eye drops (1x/month or as needed)** **0.18 min.**
 - 5 min./mos = 1.25 min./wk = 0.18 min./day
 - must hold his head down during administration due to shaking

TOTAL XX min
Approx. XX Hr.

GRAND TOTAL PER DAY XX min.
Approx. XX Hr.

Medical Issues

Multiple Sclerosis

- diagnosed in 1997 with “profoundly severe MS” per Neurologist
- spasms
- intentional tremors
- fatigue, low energy level

Constipation

- we have tried many medical interventions, and different ways to deal with the constipation, however it continues to be an issue

Cognitive and Memory Issues

- Constant supervision necessary
- Behavioral issues
- Reminders

Seizures

- Need constant supervision
- Grand Mal seizures every 2 weeks
- Focal seizures every other day

Significant Intentional Tremors

- when he tries to physically do something, his hands start to shake
- makes it impossible to do anything that requires Fine Motor Skills

Complex Sleep Apnea

- uses a Bipap machine

CCSVI (Chronic Cerebralspinal Venus Insufficiency)

- Stent in left interior jugular vein
- has had blood clot, must be monitored for blood clots because of Stent

Anxiety

Pain

- exercise, massage, and medication to try to manage pain
- throughout his body
- shooting, hammering, lightning bolts pain
- lower back

Prone to Bladder Infection

- sometimes needs to take antibiotics
- managed better by regular fluid intake and urination
- managed by pills when necessary
- can cause seizures

Acid Reflux

- managed by appropriate food intake

Dietary Issues

- on very specific diet plan due to allergies
- looking after Endothelial (lining of the veins)

Mitochondrial Dysfunction

- excessive inflammation in certain parts of the brain

Chronic Lyme Disease

- similar to MS symptoms
- recently diagnosed
- antibiotics do not help

Hot and Cold Spells