

HCBS

COMMUNITY OF PRACTICE



SESSION TOPIC: Empower Choices: Scheduling Activities and Access to Food

HCBS REQUIREMENT #8

Acknowledgements

Thank you to all who share a commitment to building a community where everyone can thrive.

This HCBS Community of Practice is made possible by funding from the Department of Developmental Services and the collaboration of the following organizations.



Explore Community of Practice resources at helensandersonassociates.com/hcbs-community-of-practice/

HCBS QUALITY REQUIREMENT #8: CREATING PERSONAL SCHEDULES

What does Creating Personal Schedules mean?

The setting enables people to have the freedom and support to control their own schedules and activities and have access to food at any time.

How are you doing?

- | | | |
|---|------------------------------|-----------------------------|
| Do people have access to food at any time? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Does the home support people in creating their own daily schedules? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do people have full access to common areas in a home such as a kitchen, dining area, laundry, and comfortable seating in shared areas? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do people have access to public transportation, and where no public transportation is available, are other resources available to them by which to access the broader community to the same degree of access as individuals not receiving regional center services? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If answered “no,” what changes could be made so that people control their own schedules, activities, and have access to food at any time.

PERFECT WEEK

What it is

A perfect week describes a person's ideal week, which is both practical and possible within resources (e.g. personal strengths, assistive technology, friends, neighbors and family, community-based organizations, self-determination Individual Budget, and other eligibility-based supports)

It is a detailed description of how a person wants to live, not an unrealistic dream. It includes the important places, interests and people that matter to a person.

How it helps

The perfect week can become the basis of a personalized schedule, and you can use the matching support process to think with the person about who they want to support them for each element of their perfect week.

How to use it

Using the perfect week tool helps people to think about what they would like their life to look like, and can form the basis of an effective person-centered care and support plan. It can also be used to make sure that people are not overprotected or over supported and have choice and control wherever possible. This helps people to use paid and unpaid support in the most effective way, identifying what supports are wanted and needed on a daily and weekly basis.

Tips or Ideas:



- You can create the perfect week in many different ways;
 - Cut out pictures from magazines
 - Velcro schedules so the person may change it when they feel necessary
 - Create a customized schedule on-line (powerpoint, canva, etc.)
- If the person does not use words to communicate, you may ask them to point to images to express what they want
- Enlist support, seek information from the people that know and care about the person most.
- A person's perfect week can change frequently. To make sure they are living the life they want, revisit their perfect week regularly.

JESSICA'S PERFECT WEEK



Jessica is a young woman embracing her newfound independence in a three-bedroom home, after moving out of her parents house. To best support Jessica living in a new home, it is important to her that she maintains connections with family and friends, stays active, and embraces the outdoors as often as possible. As an early riser, Jessica starts her day by connecting with roommates and staff during breakfast, followed by a refreshing walk in Martin Luther King Memorial Park. On Tuesday and Thursdays, you'll find Jessica at Planet Fitness enjoying time in the pool and hot tub.

A significant part of Jessica's week involves volunteering at Lexington Elementary School, aiding students and Ms. Tammy with book-related tasks on Monday and Wednesday mornings from 9:00 am to 11:00 am. Jessica values this




contribution to students' success and requests that staff not be present during her time at Lexington, only asking for a ride home on Wednesdays. Lucia, one of Jessica's best friends lives nearby and plans to visit her once a week. Jessica and Lucia always make it a point to play Pokemon Go at Philips Ranch Park at least once a week.

During weekends, Jessica immerses herself in the community by attending Diamond Ranch Baseball team events on Saturdays. Sundays are dedicated to family traditions, beginning with a 9:00 am mass and followed by a shared lunch at Golden Corral Buffet & Grill.

Considering Jessica's preferences and activities outlined above, create Jessica's perfect week. If available, you can also use Jessica's community map to assist - [Click here for Jessica's Google My Map](#)



PERFECT WEEK

	 Mornings	 Afternoons	Evenings 
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			

