individualized FUNDING resource centre

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Supported Lifestyle Plan Sample Template

SAMPLE

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 should include 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, Medical letters, a list of any additional Medical Issues which impact your disability, and Medication you require, which will help you think about how the personal care timeline connects to health issues.

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. Each step takes time.

For example, transfer from bed to shower chair can be 15 minutes. This would be generally the main point but underneath it is important state the steps in 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. Keep the wording clear and to the point.

Outline your day, in Morning, Afternoon, Evening and Overnight Care sections; bullet points help you be clear and detailed. Detail your preparations and routines and put an estimate on how many minutes it takes them to be performed. Total each section.

Calculate each section as demonstrated on the sample, to arrive at the minutes per day. Add all the minutes up for the daily care, including overnight care, and put the final total.

Supported Lifestyle Plan
Month | Year
Name

Medical Conditions

List all current Disability and Medical conditions which impact health and care

Prioritize your list from maximum impact down to minimum impact.

Medical Letters

Mobility Assistance & Assistive Technology

- List equipment

List of Medications

Requires Medication management and inventory
Assistance to take medication required

Name	Dosage	DIM#

"Hit return to create additional fields"

SAMPLE

Daily Routines

All times are approximate and in minutes. All work will be done by paid employees based on successful reassessment.

Morning Routines 6am to 12pm	
Time Required	Description
X Min	Title •
X Min	Title •

X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
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X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
Total Morning Routine: X minutes divided by 60 = x hours	

Afternoon Routines (4PM dinner shift)	
Time Required	Description
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title Title •
X Min	Title •
X Min	Title •
X Min	Title •
Title	Title •
X Min	Title •
X Min	Title

SAMPLE

	•

Total Afternoon Routine X Minutes divided by 60 = X hours

Evening Routines – 8pm	
Time Required	Description
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
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X Min	Title •
X Min	Title •
X Min	Title •

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X Min	Title •
X Min	Title •
X Min	Title •
Total Evening Routine: XX minutes divided by 60 = X hours	

Night Time Routines 1 As recommended by Dr Name	
Time Required	Description
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
Title	Title •
X Min	Title •
Total Night Time 1 Routine: XX Minutes divided by 60 = X Hour	

Night time Routines 2 As recommended by Dr. Name	
Time Required	Description
X Min	Title •
X Min	Title •
X Min	Title •

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X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
X Min	Title •
Total Night Time 2 Routine: XX Minutes divided by 60 = X Hours	
Total Daily Routines XX Minutes divided by 60 = Hours	

Non Daily Tasks	
Week: Wk	
Time Required	Description
10 Min X 2 Wk /7 2.85 Min	Title •
30 Min X 2 Wk /7 8.57 Min	Title •
20 Min X 3 Wk /7 8.57 Min	Title •
25 Min X 3 Wk /7 10.71 Min	Title •
20 Min X 3 Wk /7 8.57 Min	Title •
10 Min X 3 Wk /7 4.29 Min	Title •
25 Min X3 Wk /7 10.71 Min	Title •
15 Min X 4 Wk	Title

SAMPLE

/7 8.57 Mins	•
5 Min X 3 Wk /7 2.14 Min	Title •
35 Min X 3 Wk /7 15 Min	Title •
15 Min X 4 Wk / 7 8.57 Min	Title •
120 Min X 4 Wk / 7 68.57 Min	Title •
15 Min X 4 Wk / 7 8.57 Min	Title •
5 Min X 4 Wk / 7 2.86 Min	Title •
30 Mins x5 week /7 28.57 Mins	Title •
30 Min 2X Wk |7 8.57 Min	Title •
30 Min X 1 Wk |7 4.28 Min	Title •
120 Min X 2 month | 30 8 Min	Title •
Total Non-Daily Minutes: XX Minutes divided by 60 = XX Hours	

SAMPLE

Grand Total Hours: XXXX divided by 60 = XX Hours

Concurrent Tasks	
Time Required	Description
X Min	Title •
X Min	Title •
Total Concurrent Minutes: XX Minutes divided by 60 = X Hours	

SAMPLE