

Date:

Staff Name:

# ACTIVITY SCHEDULE – ADULT CONSUMER DAY PROGRAM

9:00 AM	Choose from Bank A.
9:30 AM	Choose from Bank B.
10:00 AM	Choose from Bank A.
10:30 AM	Choose from Bank B.
11:00 AM	Lunch.
11:30 AM	Choose from Bank A.
12:00 PM	Choose from Bank B.
12:30 PM	Choose from Bank A.
1:00 PM	Choose from Bank B.
1:30 PM	Choose from Bank A.

Bank A: Preferred Activities	
Car Ride. Tabletop activities – Dominoes. Music Time, Play instruments, Radio/headphones. Community Walk OR Fitness Walk.	Play Ball (e.g., basketball, toss ball). Sort Objects (e.g., blocks, straws). Local Frozen Yogurt Shop. Gardening (e.g., water plants, pull weeds, rake). Sensory Activity (e.g., scented lotion, oils, dough).

Bank B: Self-Care Activities	
Laundry Skills – Sorting Clothing. Enhance Communication Skills with iPad. Practice grooming and hygiene skills. Set Tables. Community Walk OR Fitness Walk.	Dusting Furniture. Take Out the Trash. Rinse Dirty Dishes. Wipe Tables.

INSTRUCTIONS: Staff will use above form with CONSUMER Monday through Friday.

1. Make it obvious that we use this form for transitions to/from activity (e.g., prompt “Finished”).
2. Consumer may request a different activity. This is okay.
  - a. Try to persuade them to complete an activity from the scheduled bank.
3. Make time for bathroom and snack breaks (consumer and staff) as needed.
4. Write actual activities on the spaces above.
5. Add to the banks as needed.

Ver. 1.0.0 by Dr. Ben Theisen, consultant, on 5/7/2019, using suggestions from home administrator.

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For current releases of this form, visit: <https://github.com/cumulativerecords/activitySchedules>.

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