

### SAMPLE IDD Waiver – Personal Care Services Program Dual Schedule:

Be certain to include **all** important person-centered details including;

- Sleep/leisure/school times (as applicable)
- Service times (ex. FBDH/HOME BASED PCS/PCS-F/PCS-PO/Respite/SE/Pre-Voc/Job Dev/PT/OT/ST, and Personal Care)
- Times when natural support will be provided
- Travel time

**IDDW/ PC Dual Services may not be duplicative.** All services must be identified on the IDDW IPP and the PC Plan of Care. Be specific about the anticipated times spent on activities/services throughout a typical week, as well as who/what type of staff are providing the service(s). Goals/Objectives (whether formal or informal) should also be noted and ensure the person has voiced their choice of activities when developing and/or making updates to their schedule. Note: If the IDDW participant receives an average of 2 or more hours of LPN services per day, then the schedule will need to reflect all activities performed by LPN in 15 minute increments.

Projected Time Range	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am-10am	Morning Routine- Formal and Informal Support provided by PCS-F: Shaving, Breakfast prep, Brushing teeth, Getting dressed	Morning Routine- Formal and Informal Support provided by PCS-F: Breakfast prep, Brushing teeth, Getting dressed	Morning Routine- Formal and Informal Support provided by PCS-F: Shaving, Breakfast prep, Brushing teeth, Getting dressed	Morning Routine- Formal and Informal Support provided by PCS-F: Breakfast prep, Brushing teeth, Getting dressed, Prep for/Travel to Day Hab	Morning Routine- Formal and Informal Support provided by PCS-F: Shaving, Breakfast prep, Brushing teeth, Getting dressed	Morning Routine- Formal and Informal Support provided by PCS-F: Shaving, Breakfast prep, Brushing teeth, Getting dressed	Morning Routine- Formal and Informal Support provided by PCS-F: Shaving, Breakfast prep, Brushing teeth, Getting dressed
10am-11:30am	Leisure Time/Natural Support: Preferred activities	Leisure Time/Natural Support: Preferred activities	Leisure Time/Natural Support: Preferred activities	Day Hab- Formal and Informal support provided by FBDH: Hand Washing, Identify Money, Social Skills, Preferred activities, Travel in comm., Bowling, Park, Mall, Exercise	Leisure Time/Natural Support: Preferred activities	Leisure Time/Natural Support: Visit with Grandma	Travel time to Church and Lunch in Comm. Formal support provided by PCS-F

11:30am-12:30pm	Lunch/Prep for outing with HOME BASED PCS	Lunch/Prep for outing with PCS-F	Lunch/Prep for outing with HOME BASED PCS		Lunch/Prep for outing with HOME BASED PCS	Lunch/Prep for outing with Respite	Lunch/Prep for outing with Respite
12:30pm-4pm	Travel time to outing of choice and formal support with HOME BASED PCS: Library, YMCA, Safety skills, Purchasing	Travel time to therapies with PCS-F: ST (1pm-2pm) OT (2pm-3pm) Travel time home with PCS-F	Travel time to outing of choice and formal support with HOME BASED PCS: Library, YMCA, Safety skills, Purchasing		Travel time to outing of choice and formal support with HOME BASED PCS: Library, YMCA, Safety skills, Purchasing	Travel time to outing of choice and informal support with Respite: Shopping, Community Center	Travel time to outing of choice and informal support with Respite: Shopping, Community Center
4pm-7pm	Travel time home with PCS:A. Formal and Informal support with PCS-F: Laundry, Prep dinner, Talk about today	Formal and Informal support with PCS-F: Chores, Prep dinner, Talk about today	Travel time home with PCS:A. Formal and Informal support with PCS-F: Laundry, Prep dinner, Talk about today	Leisure Time/Natural Support: Dinner, Talk about today	Travel time home with PCS:A. Formal and Informal support with PCS-F: Laundry, Prep dinner, Talk about today	Travel time home with Respite. Formal and Informal support with PCS-F: Laundry, Prep dinner, Talk about today	Travel time home with Respite. Formal and Informal support with PCS-F: Laundry, Prep dinner, Talk about today
7pm-9pm	Personal Care – bath, skin care, dress for bed, brush teeth, toileting	Personal Care – bath, skin care, dress for bed, brush teeth, toileting	Personal Care – bath, skin care, dress for bed, brush teeth, toileting	Personal Care – bath, skin care, dress for bed, brush teeth, toileting	Personal Care – bath, skin care, dress for bed, brush teeth, toileting	Personal Care – bath, skin care, dress for bed, brush teeth, toileting	Personal Care – bath, skin care, dress for bed, brush teeth, toileting
9pm-10:30pm	Natural Supports – Leisure activity,	Natural Supports – Leisure activity	Natural Supports – Leisure activity	Natural Supports – Leisure activity	Natural Supports – Leisure activity	Natural Supports – Leisure activity	Natural Supports – Leisure activity

<b>10:30am-7am</b>	<b>Sleep/Natural Support</b>	<b>Sleep/Natural Support</b>	<b>Sleep/Natural Support</b>	<b>Sleep/Natural Support</b>	<b>Sleep/Natural Support</b>	<b>Sleep/Natural Support</b>	<b>Sleep/Natural Support</b>
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