

SAMPLE EXCELLENT DAY CHECKLIST ✓

We want the individual to continue to be an active participant and a life long learner to practice skills in communication and functional participation. Post for Group Home and Adult Day Program workers. DURING THE DAY, DO THE INDIVIDUAL'S ACTIVITIES HAVE....

----• **meaning for the individual?** (Is the individual doing something useful for somebody, participating in a typical adult activity, enjoying recreation or producing a product?)

___• **routineness?** (So the individual's participation can gradually increase over time.)

----• **a start, middle and end?** (So the individual participates in the whole activity from setup through to cleanup.)

OPPORTUNITIES FOR THE INDIVIDUAL'S SKILLS TO BE USED....

----• **to communicate** using facial expressions, body movements and vocalizations (personal dictionary)

-----• **to make choices between two objects** by using gaze

___• **to use a Voice Output device** such as the BIGmack or Step by Step (to gain attention, initiate conversations, request something, share information, participate in group home or day program activities like greetings or telling jokes)

___• **to use a switch** (to enjoy sensory or leisure experiences or to provide a service for others)

----• **to use her hands purposefully** in functional activities? (to grasp, press a switch or hold onto objects with both hands)

----• **to work on her strength and balance** (by relaxing during stretching exercises and transfers)

ATTENTION TO THE INDIVIDUAL'S UNIQUE STYLE, SUCH AS...

----• **Built-in motivators?** (Such as unusual sounds, music, social interaction, movement)

----• **Exaggerated sensory experiences?** (To incorporate touch, pressure, vibration, smell, sound, and sight input)

----• **Regular changes in her position?** (To maximize her energy and attention)

___• **Adequate response time?** (Allowing several seconds for the individual to organize a physical response, such as activating the switch, using her gaze to make choices)

___• **Flexibility?** (So expectations can vary according to fluctuations in the individual's ability and the kind of day s/he is having.)