

SAMPLE TIMETABLE 2 – Someone living at home with parents/family.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Transport to 9:00am ASPIRATIONS Meal prep/cooking	Support at home WALK TO TOWN & LOCAL CAFE	Transport to 9:00am ASPIRATIONS Dance group	Support at home	Transport to 9:00am ASPIRATIONS Dance group	FLEXIBLE SUPPORT 3 HOURS DAILY	
Lunch	Cooked dinner onsite	Lunch at home	Packed lunch or cooked dinner	Lunch at home	Packed lunch or cooked dinner		
Afternoon	ASPIRATIONS Craft Group 3/4pm transport home	SWIMMING Oswestry	ASPIRATIONS Puzzles, quiz, social group 3/4pm transport home	SENSORY ROOM SESSION at Aquamira	ASPIRATIONS Puzzles, quiz, social group 3/4pm transport home		FLEXIBLE SUPPORT 3 HOURS DAILY
Evening			Fortnightly DISCO				

Support 1:1 as required.

Respite/short breaks also part of package up to 70 nights per year.

Community Learning Disability Team involved re: Occupational Therapy (for activities daily living), Speech & Language Therapy (re: Communication profile).