

My Weekly Activities Tool

People may not wish to have their activities timetabled in this way. You should talk to them about setting these kinds of frameworks.

This tool can help identify what a person already does and who is involved in their lives, even if the periods are adjusted, eg you may wish to use sometimes, or all the time; or at short notice, with longer notice.

This tool can also be used to identify what can be achieved

Regular Activities:

Day	What I do	What support I have
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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Occasional activities

Month	What I do / how often	What support I have