



# For someone who can walk independently



## Weekday routine

<p>Day Program (3 days each week)</p>	<ul style="list-style-type: none"><li>➤ Scheduled activities (e.g., hydrotherapy, floristry, cooking, art &amp; craft)</li><li>➤ Daily walking with variety in challenges or locations (e.g., visiting shopping malls)</li><li>➤ Hydrotherapy</li><li>➤ General walking to visit other people in the Centre</li></ul>
<p>Days at home (2 days each week)</p>	<ul style="list-style-type: none"><li>➤ Support worker helps with activities in the home (similar to when at the Centre)</li><li>➤ Excursions in the community with support worker:<ul style="list-style-type: none"><li>■ walk in local shops or library</li><li>■ borrow books or observe children's reading group</li><li>■ visit Op Shop</li><li>■ buy items of her choice from supermarket</li><li>■ buy hot chips</li><li>■ neighbourhood trike ride or walk (up to 60 mins)</li></ul></li><li>➤ Walk in nature, some challenging surfaces where no footpaths</li></ul>
<p>Care activities</p>	<ul style="list-style-type: none"><li>➤ Needs a guiding hand to sit down on toilet, but able to stand up by self afterwards</li><li>➤ Wash hands whilst standing</li><li>➤ Stand in shower</li></ul>
<p>Evening</p>	<ul style="list-style-type: none"><li>➤ Wind-down:<ul style="list-style-type: none"><li>■ After dinner, rest on the lounge in front of TV</li><li>■ Opportunities to get up to eat or drink, go to toilet, or do an activity</li></ul></li></ul>

