

IDD Activity Support Plan

Name: Alice Green **Medicaid #:** 321-55-2478 **Agency:** XYZ Agency **Service:** IHNR

Outcome Statement	List the support activities for each desired outcome	Support Instructions Describe how supports need to be tailored to the person's preferences and profile	How often or by when?
<p>Alice uses adaptive equipment and devices in order to live comfortably at home with her parents.</p>	<p>Alice uses her electric wheelchair to get around.</p> <p>Alice sleeps in her hospital bed.</p>	<ul style="list-style-type: none"> • Alice uses an electric wheelchair to get around the house. • Assist Alice with transferring into and out of her wheelchair. She bruises easily. If she makes a sound, that means she is hurting so set her back down and try again. • Make sure her chair is titled as far down as it will go. • Make sure her hospital bed is as low as it will go. • Lift Alice by placing your forearms under her arms and gently pulling up. • Turn around slowly and place her on the bed. Help her to get in the middle of the bed and up on the pillow. • Adjust the bed to the regular height and adjust the head of the bed slightly so Alice is propped up and can see the television. • Put up the safety rails on the bed. • Plug Alice's wheelchair in so it can be charging. • When she is maneuvering around the house, make sure there is nothing in her way that she can run over. Keep her areas tidy. • Record in the Service Notes assistance provided to Alice and how it was done and how it went. 	<p>Daily</p>
<p>Alice assists with her personal care needs in order to be comfortable and happy.</p>	<p>Alice is changed every 2 hours if needed.</p> <p>Alice bathes so she can be clean and fresh.</p> <p>Alice gets dressed each day.</p> <p>Alice brushes her teeth and fixes her hair.</p>	<ul style="list-style-type: none"> • Every 2 hours Alice should be checked and changed if needed. • Ask Alice if she needs changing. She will let you know by nodding her head. • If she is in her wheelchair, transfer her to the bed for changing. • Gently change her undergarments. If she grunts, the diaper is either too tight or loose. Check and make the necessary changes. • Alice takes a bed bath every morning to get ready for her day. Staff should prepare her bathtub with water at a temperature of 105 degrees and put bubbles in 	<p>Daily</p>

IDD Activity Support Plan

Name: Alice Green **Medicaid #:** 321-55-2478 **Agency:** XYZ Agency **Service:** IHNR

		<p>the water.</p> <ul style="list-style-type: none"> • Pick Alice up under her arms and gently lower her into the tub. • Alice likes to lay there for about 10 minutes and relax. She lets you know when she is ready for her bath by slapping at the water. • Use ivory body soap and her loofah to bath Alice. • Gently turn her as needed to bath all areas of her body. • Once finished bathing her, staff should get her big, special bath towel and gently lift her up out of the bathtub and wrap her in the towel. • Get Alice onto her bed, put a fresh diaper on her and the outfit she and her mother picked out that morning. • Once she is dressed, transfer her into her wheelchair. • Go with Alice to the bathroom and brush her teeth. Use a child's soft toothbrush and Crest toothpaste that is mint. It is her favorite. Don't put too much toothpaste on the brush because she will get sick and throw up. Gently brush her teeth and have a glass of water for her to swish and spit in the sink. • Alice's mom washes her hair every other night. • Each morning after Alice has bathed, dressed and brushed her teeth, gently comb her hair out. Use the soft red brush in the top drawer in the bathroom. If you try to use a different brush she will get upset. • Ask her how she would like to wear her hair that day – pony tail, back in a barrette or just down. Say each choice and give Alice time to let you know which she chooses. She will grunt to let you know her choice. Fix her hair as she wishes. 	
<p>Alice receives nourishment and medication through her g-tube in order to remain healthy and at home.</p>	<p><u>(NOTE: Only a licensed nurse is authorized to develop Support Activities and Instructions for procedures or treatments that can only be administered by licensed personnel according to the Nurse Practice Act Rules and Regulations.)</u></p>		

IDD Activity Support Plan

Name: Alice Green **Medicaid #:** 321-55-2478 **Agency:** XYZ Agency **Service:** IHNR

Questions/Things to Figure Out

A.	None	Person Responsible:
----	------	--------------------------------

Signatures

Person:	Date:
Legal Representative:	Date:
Provider Signature/Credentials:	Date:

IDD Activity Support Plan

Name: Alice Green **Medicaid #:** 321-55-2478 **Agency:** XYZ Agency **Service:** HCS

Outcome Statement	List the support activities for each desired outcome	Support Instructions Describe how supports need to be tailored to the person's preferences and profile	How often or by when?
<p>Alice uses adaptive equipment and devices in order to live comfortably at home with her parents.</p>	<p>Using her electric wheelchair to get around</p> <p>Sleeping in the hospital bed.</p>	<ul style="list-style-type: none"> • Alice uses an electric wheelchair to get around the house. • Assist Alice with transferring into and out of her wheelchair. She bruises easily. If she makes a sound, that means she is hurting so set her back down and try again. • Make sure her chair is titled as far down as it will go. • Make sure her hospital bed is as low as it will go. • Lift Alice by placing your forearms under her arms and gently pulling up. • Turn around slowly and place her on the bed. Help her to get in the middle of the bed and up on the pillow. • Adjust the bed to the regular height and adjust the head of the bed slightly so Alice is propped up and can see the television. • Put up the safety rails on the bed. • Plug Alice's wheelchair in so it can be charging. • When she is maneuvering around the house, make sure there is nothing in her way that she can run over. Keep her areas tidy. 	<p>Daily</p>
<p>Alice assists with her personal care needs in order to be comfortable and happy.</p>	<p>Check disposable brief at least every 2 hours for soiling</p> <p>Change every 2 hours if needed.</p> <p>Bathing</p> <p>Dressing</p> <p>Brush teeth</p> <p>Fixing hair</p>	<ul style="list-style-type: none"> • Every 2 hours Alice should be checked and changed if needed. • Ask Alice if she needs changing. She will let you know by nodding her head. Also check the wet strip indicator on the brief. • If she is in her wheelchair, transfer her to the bed for changing. • Gently change her undergarments. If she grunts, the disposable brief is either too tight or lose. Check and make the necessary changes. Use A&D Ointment after every change. • Alice takes a shower bath every morning to get ready for her day. Staff should prepare the water at a 	<p>Daily</p>

IDD Activity Support Plan

Name: Alice Green **Medicaid #:** 321-55-2478 **Agency:** XYZ Agency **Service:** HCS

		<p>temperature of 105 degrees.</p> <ul style="list-style-type: none"> • Pick Alice up under her arms and gently lower her to her shower chair. • Use Ivory body soap and a soft washcloth to bath Alice. • Gently pivot her as needed to bath all areas of her body. • Once finished bathing her, staff should gently pivot her up out of the shower chair to her wheelchair. Make sure there is a blue pad in the wheelchair to absorb the water. Wrap her in a large towel. • Lower the bed and gently lift Alice onto it, put a fresh disposable brief (being sure to use A&D Ointment) on her and the outfit she and her mother picked out that morning. • Alice can assist with dressing by putting her arm in the sleeves of her shirt. Her pants must be put on because she cannot lift her legs. • Once she is dressed, transfer her into her wheelchair. • Go with Alice to the bathroom and brush her teeth. Use a child's soft toothbrush and Crest toothpaste that is mint. Don't put too much toothpaste on the brush because she will get sick and throw up. Gently brush her teeth and have a glass of water for her to swish and spit in the sink. • Alice's mom washes her hair every other night. • Each morning after Alice has bathed, dressed and brushed her teeth, gently comb her hair out. Use the soft red brush in the top drawer in the bathroom. If you try to use a different brush it hurts her head. • Ask her how she would like to wear her hair that day – pony tail, back in a barrette or just down. Say each choice and give Alice time to let you know which she chooses. She will make laugh to let you know her choice. Fix her hair as she wishes. 	
--	--	---	--

Questions/Things to Figure Out

IDD Activity Support Plan

Name: Alice Green **Medicaid #:** 321-55-2478 **Agency:** XYZ Agency **Service:** HCS

A.	None	Person Responsible:
-----------	------	----------------------------

Signatures

Person:	Date:
----------------	--------------

Legal Representative:	Date:
-----------------------	-------

Provider Signature/Credentials:	Date:
---------------------------------	-------