(INSERT HOUSE) Shift Routines for (INSERT RESIDENT)

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| **Morning Shift** | | |
| Task | Time (if specific) | Notes |
| E.g. Assist resident to wake up and shower | 7:30am | Resident needs assistance to wash their hair |
| E.g. Assist resident to get dressed | 7:45am | Resident needs help selecting appropriate clothing for day program |
| E.g. Pack lunchbox for day program | Before 8:45 | Ensure lunchbox in in bag before resident leaves for day program |
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| **Afternoon Shift** | | |
| Task | Time (if specific) | Notes |
| E.g. Give resident afternoon tea | 4:00pm | Recommended afternoon tea on house food chart |
| E.g. Unpack lunchbox after day program | 4-5:00pm | Make note of what food resident did not eat |
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| **Evening Shift** | | |
| Task | Time (if specific) | Notes |
| E.g. Support resident to cook dinner | 6-7:00pm | Resident is working on their NDIS goals by helping with dinner |
| E.g. Help resident get ready for bed | 10:00pm | If resident does not want to sleep, put on a TV show or movie. |
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