

Sample Weekly Schedule for In-Home Day Program

Below is a sample schedule that can be used while providing an in-home day program, with more details of what activities could fit within the categories in the following pages.

Providers should create a schedule based on the interests and needs of the individuals in the home.

For any activities including walks or trails, please be mindful of COVID-19 restrictions and ensure that social distancing of at least 6 feet from other people should be practiced.

	Monday	Tuesday	Wednesday	Thursday	Friday
9 am	Morning Mix/Exercise	Morning Mix/Exercise	Morning Mix/Exercise	Morning Mix/Exercise	Morning Mix/Exercise
10 am	Craft time	Craft time	Craft time	Craft time	Craft time
11 am	Set up/cooking activity for lunch	Set up/cooking activity for lunch	Set up/cooking activity for lunch	Set up/cooking activity for lunch	Set up/cooking activity for lunch
12 pm	Lunch/cleanup	Lunch/cleanup	Lunch/cleanup	Lunch/cleanup	Lunch/cleanup
1 pm	AST/communication activities	AST/communication activities	AST/communication activities	AST/communication activities	AST/communication activities
2 pm	Gardening/nature walk	Gardening/nature walk	Gardening/nature walk	Gardening/nature walk	Gardening/nature walk
3 pm	Music/Dance	Music/Dance	Music/Dance	Music/Dance	Music/Dance

Morning Mix (pick 2-3)	Exercise	Craft Time (can use Pinterest for specific ideas)
Guided yoga (YouTube or online library)	Walk around the neighborhood	Drawing/coloring
Meditation	Online Zumba class	Card making (for family, friends, kids in hospitals, etc.)
Tea/coffee outside	Online dance class	Collage making (with old photos)
Inspirational video (podcast, Ted Talk, music, etc)	Bike (if possible and easily accessible)	Origami
Positive Affirmations/writing goals -create a “good vibes” only book and have individuals or staff help with writing and/or drawing pictures about what the individual is thankful for that day	Exercise routine (ex. 10 squats, 10 jumping jacks, 10 sit ups, 10 lunges, 1 minute arm circles. Repeat 3 times with water breaks throughout)	Vision board (using old magazines, newspapers, etc.)
Body stretch (YouTube or online library)	Hike (AllTrails app helps find easy to do hikes/walks)	Painting
Grocery store run/supply run with staff		Creating clay/dough crafts

Set up/cooking activity for lunch	Gardening/nature walk	AST/communication activities
Set up the table for lunch	Plant flowers/herb garden	Learn how to do household chores
Help cut ingredients	Water the plants	Learn to bathe independently
Help portion out the lunch items for people	Weed the garden	Learn to cook easy items
Clean up kitchen area after cooking	Go to the beach	Learn to make grocery lists
Learn how to make some lunch items (sandwiches, spaghetti, etc.)	Take photos of different types of plants/animals on walks	Learn to communicate with staff and house mates (sign language, pictures, etc)
Time everyone as they wash their hands before lunch (at least 20 seconds washing)	Walk around parks, forest, marsh, etc.	Work on other goals in the individuals ISP/IBSP