

A Day in the Life of a Young Adult at Stratford Lodge

Morning Routine

07:30 – The day staff take over from the waking night staff. Each young adult in the home will have a 1:1 member of staff allocated to them for the day and they will begin the support process and morning routines.

08:00 – 09:00 – The young adults will be supported to wake, complete all personal care routines, dress for the day and have breakfast. Each young adult will have a different level of support and independence in these tasks that will be detailed in their care plans for the staff to follow. Encouraging independence within the support is key to this journey each day.

Day time activities/the timetable (Monday to Friday)

Each young adult will have their own individual timetable for the week. These will be simple, visual and easy to follow. They can be modified for the individual and presented in a variety of ways to support understanding. A potential timetable could look like this...

Key:	Employment		Independence		Community			Health	
	09:00 – 09:30	09:30 – 10:00	10:00 – 11:00	11:00 – 12:00	12:00 – 13:00	13:00 – 14:00	14:00 – 14:30	14:30 – 15:30	15:30 – 16:00
Monday	Mindfulness	Key Worker Session/ Independent Living Star	Life Skills – menu planning and shopping for the week		Lunch	Sports and Fitness – at Stratford Lodge	Break	Life Skills - cooking	Reflection and Choosing Time
Tuesday	Mindfulness	Key Worker Session/ Independent Living Star	Alabare Development Centre – Garden Centre	Alabare Development Centre – Community Shop	Lunch	Alabare Development Centre – Café	Break	Mindfulness and sensory play	Reflection and Choosing Time
Wednesday	Mindfulness	Key Worker Session/ Independent Living Star	Work experience at British Heart Foundation		Lunch	Land Base Science – Working on Stratford Lodge allotment	Break	Mindfulness and sensory play	Reflection and Choosing Time
Thursday	Mindfulness	Key Worker Session/ Independent Living Star	Five Rivers Leisure Centre – swimming/gym/coffee		Lunch	Land Base Science – Working on Stratford Lodge allotment	Break	Life Skills - cooking	Reflection and Choosing Time
Friday	Mindfulness	Key Worker Session/ Independent Living Star	Out and About – bus travel/train travel/ community access		Lunch	Work Experience at local Pub/Cafe			Reflection and Choosing Time

Evening Routine

16:00 – 18:00 – supported to transition from their day time activities, they may need some down time at this point and to be supported with hobbies and personal interests. Active participation in the preparation of the evening meal will be encouraged at the appropriate levels of the young adults. This could be a rotation basis when the house is full. Staff and the young adults will then eat together as a family unit where possible.

18:00 – 20:00 – Evening activities; on site arts and crafts, movie nights, pamper nights, games nights, sensory play, gardening, cooking, outdoor play equipment. Off site may be accessing social clubs/groups, swimming clubs, pinball, walks, football, basketball, pubs/restaurants. Activities as a group and also on an individual basis will be encouraged and timetabled in for consistency.

Night Time Routine

Bedtimes as such at Stratford Lodge will be individualised, staff will be supporting personal hygiene routines, medical regimes and any good practice that is conducive to a settled bedtime, reading time for example.