

Sample ICF/ID Schedule

6:45 - 7:30

- Wake up for meds, make/set breakfast, small group play (card games, coloring, board games...etc.), start routines

7:30 - 8:00

- Breakfast

8:00 - 9:00

- Finish routines and small group play i.e. board games, brain breaks

9:00 - 9:30

- Mind/body relaxation
 - Ex: For mind: listening to music in room, reading a book independently
 - Ex: For Body: Taking a group to the barn/gym walking or running

9:30 -10:00

- Group 365 AM (expectations group if needed as well) ,Treatment and set behavioral goal

10:00 -12:00

- Rec

12:00 -12:30

- Lunch and Post rec questions

12:30 -1:00

- Check in group, set behavioral goal and expectations over next rec

1:00 - 2:00

- Rec

2:00 - 2:30

- Mind/body relaxation
 - Ex: For mind: listening to music in room, reading a book independently
 - Ex: For Body: Taking a group to the barn/gym walking or running

2:30 - 3:00

- Snack, OT work, and OT worksheet

3:00 - 3:30

- ADL Skills Building from IPP's/Worksheets

3:30 - 4:00

- Check-in group, Shift plan, and Set behavioral goal

4:00 - 5:00

- Rec

5:00 - 5:30

- Dinner and Post rec questions

5:30 – 6:00

- Group 365, Treatment, and Set behavioral goal

6:00 - 7:00

- Rec

7:00 - 7:30

- Cool Down Activities

7:30 - 8:30

- Nighttime Routines snack, meds, and post rec questions

8:30 - 8:45

- Bedtime for clients 13 and Under 8:30
- Bedtime for clients 14 and Up 8:45