



Who can provide assistance or supervision

One important step to building a day of routines is identifying what people can provide specific types of assistance or support. It is helpful to know who can provide help and what type of help they can provide. Some activities like transfers, dressing, or preparing meals may require physical or hands-on assistance. Other activities like doing exercises, reading, or dusting require supervision or monitoring for cognitive or safety support. You will be able to expand the types of activities you do and the number of people who can help if you first identify which people can help with which kinds of tasks.

You can think about amount and type of supervision by using these definitions:

Physical Assistance: “hands-on assistance”, steadying or lifting during transfers, toileting, dressing, eating, behavior, communication

Supervision: not hands on but a set of eyes for monitoring safety, judgement, and interaction

For example, Grandma is comfortable providing supervision or a set of eyes throughout the performance of a task but is unable to provide physical assistance. However, brother is able to provide both physical assistance and supervision. You may choose to use Grandma’s support during a task that only requires supervision, such as eating lunch, while you use Brother’s support for physical assist to get in and out of the car.

WHO CAN PROVIDE ASSISTANCE OR SUPERVISION form example

Who	Physical Assistance or Supervision	When Available
Mom / Dad	Physical Assistance and Supervision	Monday/Wednesday/Friday evening
Brother	Physical Assistance and Supervision	Tuesday/Thursday evening
Sister	Supervision	Weekday mornings
Grandma / Grandpa	Supervision	Weekends
Friends	Physical Assistance and Supervision	Visits & Outings



WHO CAN PROVIDE ASSISTANCE OR SUPERVISION Worksheet

Who	Physical Assistance or Supervision	When Available