



Shepherd Center

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Build a Day (SCI)

This activity is designed to help you plan a daily schedule. Please use the information provided below and then complete the calendar. Remember to allow yourself extra time for unexpected events (phone calls, someone else in the bathroom, etc.).

Scenario 1:

~Person with a T7 spinal cord injury

~You have four appointments today

General care includes:

Bladder program (15 minutes)

Bowel program (45 minutes)

Shower (25 minutes)

Dress (20 minutes - 10 off/10 on)

Skin checks (5 minutes)

Transfer/sliding board (3 minutes each)

Medication management

Exercise program

Four times a day (6, 12 schedule)

In the evening after supper

In the morning before breakfast

Upon awakening & before sleep at night

Twice a day

Once a day

Your schedule today is:

8:00 am	Take child to school
10:00 am	Doctor appointment
2:30 pm	Pick up child from school
6:45 pm	Attend ball game with friend

See sample below for ideas on how to complete this. Keep in mind that this is a suggestion. You may have some other ideas that work better for you. The second blank schedule is for you to complete with this activity, or to help you plan an actual day.

Sample Build-A-Day Scheduler

Time	Activity
6:00 am	Wake up, do intermittent catheter (IC) and skin checks
6:30 am	Shower and dress
7:00 am	Make sure child is up and getting ready for school, eat breakfast and clean up, take medicine

Time	Activity
7:30 am	Make sure you and child are ready to leave
8:00 am	Leave to take child to school
8:30 am	Arrive back at home
9:30 am	Leave for doctor appointment
11:30 am	Do IC at doctor's office before driving home
12:00 pm	Leave doctor's office for home
12:30 pm	Arrive at home prepare lunch, eat, do dishes
2:00 pm	Get ready and leave to pick child up from school
2:30 pm	Arrive at school, pick up child and leave for home
3:00 pm	Arrive at home, do exercises, visit with child, help with homework
4:30 pm	Begin preparing supper
5:00 pm	Eat meal
5:45 pm	Do IC
7:00 pm	Go to ball game with friends
9:30 pm	Return home, gather IC and & bowel program supplies
10:00 pm	Do bowel program, brush teeth, do skin checks, get ready for bed, get care items out for next day
11:30 pm	Do IC, clean up
11:45 pm	Transfer to bed, go to sleep

Build-A-Day Scheduler

Use this blank schedule for practice or actual planning.

Time	Activity	Time	Activity
6:00 am		6:00 pm	
6:30 am		6:30 pm	
7:00 am		7:00 pm	
7:30 am		7:30 pm	
8:00 am		8:00 pm	
8:30 am		8:30 pm	
9:00 am		9:00 pm	
9:30 am		9:30 pm	
10:00 am		10:00 pm	
10:30 am		10:30 pm	
11:00 am		11:00 pm	
11:30 am		11:30 pm	
12:00 pm		12:00 am	
12:30 pm		12:30 am	
1:00 pm		1:00 am	
1:30 pm		1:30 am	
2:00 pm		2:00 am	
2:30 pm		2:30 am	
3:00 pm		3:00 am	

Time	Activity	Time	Activity
3:30 pm		3:30 am	
4:00 pm		4:00 am	
4:30 pm		4:30 am	
5:00 pm		5:00 am	
5:30 pm		5:30 am	