



Independent Living Support Plan

A weekly-visit plan for waiver clients building independence — even without a direct support worker.

Assess It



Prioritize It



Plan It



Track It

Built for a real constraint: many waiver clients are authorized for services — often up to 21 hours a week — but don't currently have a direct support worker to use them with. This plan works with a single weekly visit, built around what the person practices on their own in between.

Created for case managers and care coordinators working directly with waiver clients on independent living goals.

Needs Assessment

This may be the only full assessment happening — make it count. Their own words matter most here.

PERSON'S INITIALS

COUNTY / WAIVER TYPE

AUTHORIZED HRS/WK

WEEKLY VISIT DAY

DATE

Areas They Want to Work On

- | | |
|--|--|
| ☐ Laundry | ☐ Cleaning |
| ☐ Personal hygiene | ☐ Transportation |
| ☐ Morning / evening routine | ☐ Money / bill basics |
| ☐ Meal preparation | ☐ Medication routine* |
| ☐ Grocery shopping | ☐ Home safety |

*Medication routine: organizational/educational support only — never dosing or clinical guidance.

What They Want — In Their Own Words

Natural Supports Between Visits

Family, friends, neighbors who could help on non-visit days

■ What Gets in the Way

- | | | | |
|-------------------------------------|---|-----------------------------------|--|
| ☐ Time | ☐ Transportation | ☐ Supplies | ☐ Memory |
| ☐ Confidence | ☐ Communication | ☐ Money | ☐ Unclear steps |

The Plan

Built around one weekly visit — what happens together, and what happens on their own in between.

Priority Goal

One specific, achievable goal — not everything at once

What We Do Together

During the weekly visit

What They Practice Alone

On the other 6 days

Steps Toward the Goal, in Order

1.

2.

3.

4.

■ Timeline & Who Else Is Involved

TARGET (HOW MANY WEEKS)

BACKUP SUPPORT IF I MISS A WEEK

Weekly Tracking Log

One row per visit. Check it off, note what happened, and keep going — print a fresh copy anytime.

Week	Date	Practiced Alone?	What Worked	What to Adjust	Ready for Next Step?
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Completed Example

Fictional scenario: a waiver client working toward cooking one full meal independently.

Priority Goal

Cook one full dinner independently, start to finish, once a week.

What We Do Together

Pick this week's recipe from the Theme Bundles. Walk through the steps together once, slowly.

What They Practice Alone

Cook that same recipe alone at least once before the next visit, using the written steps as a guide.

Steps Toward the Goal

1. Cook one simple recipe together during a visit
2. Repeat that same recipe alone before the next visit
3. Try a new recipe together, repeating the pattern
4. Cook two different recipes alone, back to back weeks

■ Timeline & Backup Support

Target: 8 weeks • Backup: sister can video-call in if a step gets confusing

Weekly Log — First 3 Weeks

Wk 1: Yes

Followed the written steps without help — Timing the sides was tricky

Wk 2: Partial

Remembered most steps from memory — Forgot to preheat — add that to the checklist

Wk 3: Yes

Cooked it start to finish, no reminders — Ready to try a new recipe next week

How to Use This

A rhythm built for one visit a week — not daily contact.

1

Assess honestly, in their words

This may be the only full picture anyone gets — let them lead it.

2

Pick one goal, not five

One achievable goal beats an ambitious list nobody gets to.

3

Split the work: together vs. alone

Be realistic about what's achievable with no DSP on the other 6 days.

4

Log every visit, even the hard weeks

“Partial” or “not yet” are useful data, not failures.

5

Adjust the plan before adding a new one

If a step isn't working, change the step — don't just push harder.

This is not a substitute for a direct support worker.

If this person is authorized for waiver hours and wants a DSP, connecting them to one is the priority — use the Personal Help Plan to help make that happen. This plan exists for the gap in between: real progress that doesn't require daily staffing to work.

If unused authorized hours are a recurring pattern for this person, that's worth flagging to your supervisor or the waiver program — it may point to a provider-access gap worth documenting.

Tip: If a step gets skipped two weeks in a row, the step is probably too big — shrink it, don't drop it.

Printing tip: Print the tracking log double-sided — one sheet covers 24 weeks front and back.

Hunters Helpers offers practical educational and organizational tools—not a clinical assessment, individualized service plan, or waiver-authorization document. This plan supplements, and does not replace, required case management documentation or the person's official service plan.