**Daily Timeline for Bev**

6.30 am - The morning alarm wakes Bev up via Alexa. This is set up as a routine on her app.

8 am – Support with all personal care and transfer by hoist into a manual wheelchair. Assisted by 2 members of support staff.

8.45 am – Breakfast. Soft diet and thickened fluids to prevent choking. Full assistance is given. No longer able to eat independently.

9.30 am – Free time to read, talk to family or visit the physio assistant. Join in group activities or see entertainment in the home.

11.00 am – Bev likes to have a cup of coffee

12.00 midday – Bev likes to go and have lunch and is assisted throughout.

13.00 – Bedrest or back to her bedroom to call mum, daughters or just have leisure time. Sometimes Bev has visitors. I have installed apps on her iPad, ITV Hub, All 4, My 5, BBC iPlayer and BBC Sounds, but Bev prefers to watch the TV which she enjoys.

15.00 – Bev is assisted with a cup of coffee. If she is in bed then she is transferred into her chair.

17.00 – Evening meal, assisted throughout.

18.30-19.00 – Personal care and settled into bed for the night and TV on.

23.00-24.00 – Lights out