

Voicebridge Solutions Check List

Use this checklist to break down the future planning process into manageable steps. Do not try to complete everything at once—focus on one section at a time.

1. Documenting Daily Life & Routine

Capture the unwritten manual of your child's everyday habits.

Daily Schedule: Map out standard morning, afternoon, and evening routines.

Dietary Preferences: List favorite foods, specific brands, dislikes, and exact preparation methods (e.g., how texturized food needs to be).

Personal Care: Note exact preferences for bathing, dressing, brushing teeth, and hair care.

Sleep Hygiene: Detail bedtime rituals, preferred room lighting, noise levels, and security objects.

Leisure & Hobbies: Record favorite TV shows, music, activities, and community places they love visiting.

2. Communication & Emotional Wellbeing

Ensure future support staff understand your child's unique voice and emotional triggers.

Communication Style: Detail how they communicate (vocalizations, signs, picture boards, iPad apps, or specific gestures).

Behavioral Triggers: Identify environments, sounds, or words that cause sensory overload or anxiety.

De-escalation Strategies: Write down exactly what actions, phrases, or comfort items successfully soothe them when they are distressed.

Life Story Summary: Write a brief biography highlighting their proudest achievements, important milestones, and favorite memories.

3. Housing & Community Transitions

Plan ahead to avoid emergency residential placements.

Housing Goals: Research and identify preferred options (e.g., supported living, shared lives schemes, or residential care).

Funding Check: Review current social care funding, direct payments, or personal budgets to see what care packages they qualify for.

Trial Stays: Arrange short respite stays or day visits with potential housing providers to test compatibility.

Community Connections: List local day centres, clubs, or advocacy groups they regularly attend to maintain social consistency.

4. Legal, Financial & Administration

Lay the formal groundwork to protect your child's rights and assets.

Discretionary Trust: Set up a trust specifically designed for vulnerable beneficiaries to protect their entitlement to means-tested benefits.

Will Review: Update your personal will to ensure assets are directed into the trust rather than given to your child directly.

Key Contacts List: Compile full contact details for social workers, GPs, specialists, dentists, and therapists.

Medication Log: Maintain an up-to-date list of medications, exact dosages, timings, and pharmacy details.

5. Sibling & Family Dynamics

Align expectations to build a strong, sustainable circle of support.

Family Meeting: Hold an open discussion with siblings or extended family members about their future involvement.

Role Delegation: Assign specific responsibilities based on individual strengths (e.g., one sibling handles financial trust oversight, while another manages social/emotional check-ins).

Boundary Setting: Allow family members to honestly state what they *cannot* do, ensuring professional care services are booked to fill those gaps.

You Don't Have to Write the Manual Alone

Documenting a lifetime of care, love, and unique knowledge can feel like an overwhelming task. But you don't have to navigate this journey in isolation.

At Voice Bridge Solutions, we specialize in helping aging parents capture their adult child's life story, daily routines, and emotional needs. We transform your invaluable insights into a permanent, professional framework—ensuring your loved one's voice is always heard, and their dignity is forever protected.

Take the first step toward lifelong peace of mind today:

- Visit Us: Explore care planning tools at www.voicebridgesolutions.com
- Start Today: Don't wait for a crisis to dictate the future. Let's safeguard their tomorrow together.