



“BEST LIFE” CHECKLIST

DSP Quick Reference

Purpose: Help residents and clients live calm, meaningful, self-directed lives.

Choice & Self-Direction - Every shift should show at least one real choice:

- ☐ Resident/Client chose between two meaningful options
- ☐ Preferences were honored (not overridden for convenience)
- ☐ Language used: *chose, decided, preferred, requested*

Daily Life & Engagement - Activity should add value, not just fill time:

- ☐ Resident/Client engaged in at least one meaningful activity
- ☐ Activity fits interests/energy (not staff availability)
- ☐ Enjoyment or satisfaction was observed and noted

ISP Goals in Real Life - Goals should show up naturally, not as a separate task:

- ☐ ISP goals were practiced within normal routines
- ☐ Progress was observed (even small steps count)
- ☐ Skill-building occurred during everyday life

Staff Support Style - The best support is calm, early, and light-touch:

- ☐ Staff noticed needs before distress escalated
- ☐ Support was calm, respectful, and proportionate
- ☐ Redirection/intervention was brief and effective

Tone of the Day - What did this day *feel like* for the resident:

- ☐ Day felt predictable and steady
- ☐ Routines were followed or intentionally adapted
- ☐ Resident appeared comfortable and regulated
- ☐ Interactions were respectful and unhurried

Documentation Check (End of Shift) - Before you submit your TLOG, ask:

- ☐ Did I describe the resident's/client's experience — not just tasks?
- ☐ Did I show choice, engagement, or progress?
- ☐ Does this note reflect dignity and respect?
- ☐ Would this read as a *good day* to the resident/client or their family?