



# “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?