

**Date:** [Insert Date]

**To:** Trustees and Successor Guardians of [Beneficiary Name]

**Subject:** Letter of Intent regarding Daily Routine and Lifestyle

This document serves as a guide for the care, comfort, and daily lifestyle preferences of [Beneficiary Name]. It is intended to assist trustees and guardians in maintaining consistency and quality of life for the beneficiary.

## **1. Daily Schedule**

**Morning Routine:** [e.g., Wake up time, hygiene assistance needed, breakfast preferences]

**Afternoon Routine:** [e.g., Therapy sessions, school/work hours, lunch habits]

**Evening Routine:** [e.g., Dinner time, relaxation activities, medication schedule]

**Sleep Habits:** [e.g., Bedtime, night-light preferences, sleep monitoring needs]

## **2. Dietary Preferences and Nutrition**

**Favorite Foods:** [List foods]

**Dislikes/Allergies:** [List restrictions]

**Assistance Needed:** [e.g., Cutting food, specialized utensils, supervision while eating]

## **3. Personal Care and Hygiene**

**Grooming:** [e.g., Haircare, dental hygiene, shaving preferences]

**Dressing:** [e.g., Ability to choose clothes, physical assistance required with buttons/zippers]

**Bath/Shower:** [e.g., Preference for tub or shower, water temperature sensitivity]

## **4. Social and Recreational Life**

**Hobbies:** [e.g., Music, movies, crafts, sports]

**Social Interaction:** [e.g., Frequency of visits with friends/family, community outings]

**Exercise:** [e.g., Walking, swimming, physical therapy routines]

## **5. Communication and Behavioral Style**

**Communication Method:** [e.g., Verbal, sign language, AAC device, gestures]

**Triggers:** [e.g., Loud noises, crowded spaces, sudden changes in routine]

**Calming Techniques:** [e.g., Deep pressure, quiet time, favorite music]

## **6. Religious and Cultural Preferences**

**Practices:** [e.g., Attendance at services, holiday traditions, cultural observances]

## **7. Living Arrangements**

**Home Environment:** [e.g., Private bedroom requirements, accessibility modifications, pet ownership]

This letter is a statement of my wishes and is not a legally binding contract, but I request that the Trustees and Guardians follow these guidelines to the best of their ability to ensure the happiness and well-being of [Beneficiary Name].

Sincerely,

[Signature]

[Printed Name of Parent/Current Guardian]