**Daily Routine**

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| **TIME** | **TASK** | **DETAILS** |
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**Sample Daily Routine**

A daily routine is a road map to your day and can bring predictability, reduce stress levels and give you some peace of mind. A consistent schedule is beneficial to both you and your carer(s). There can be lots of flexibility within your schedule. Try to schedule time for personal care, small household jobs, gentle exercise, rest and make sure to try and include creative, social, and intellectual activities. It is important to make sure that you include activities and hobbies that can be done at home, which you find enjoyable e.g. some gardening, phoning a family member or friend, reading, watching your favourite T.V. programme.

Some activities that you could include on your daily routine might include:

***Morning***:

* Personal care e.g. brush teeth, wash, get dressed
* Prepare breakfast and eat
* Morning activity e.g. listen to a radio programme, do some gentle exercise, complete a craft, gardening, do a job around the house, phone a family member or friend, write a letter
* Quiet break time e.g. read the newspaper, listen to music, enjoy a cup of coffee, nap (try to limit naps to 30 minutes)

***Afternoon:***

* Prepare lunch and eat
* Listen to music, watch a movie, do a puzzle
* Afternoon activity e.g. do some gentle exercise, complete a craft, gardening, do a job around the house, write a shopping list, phone a family member or friend
* Quiet break time

***Evening:***

* Prepare dinner and eat
* Clean kitchen and dishes
* Have a conversation over dessert
* Play a game, watch T.V., do a puzzle
* Personal care e.g. bath, brush teeth, prepare for bed
* Read a book, relaxation exercise

**Questions to ask Yourself:**

Does your routine have too much or too little activity?

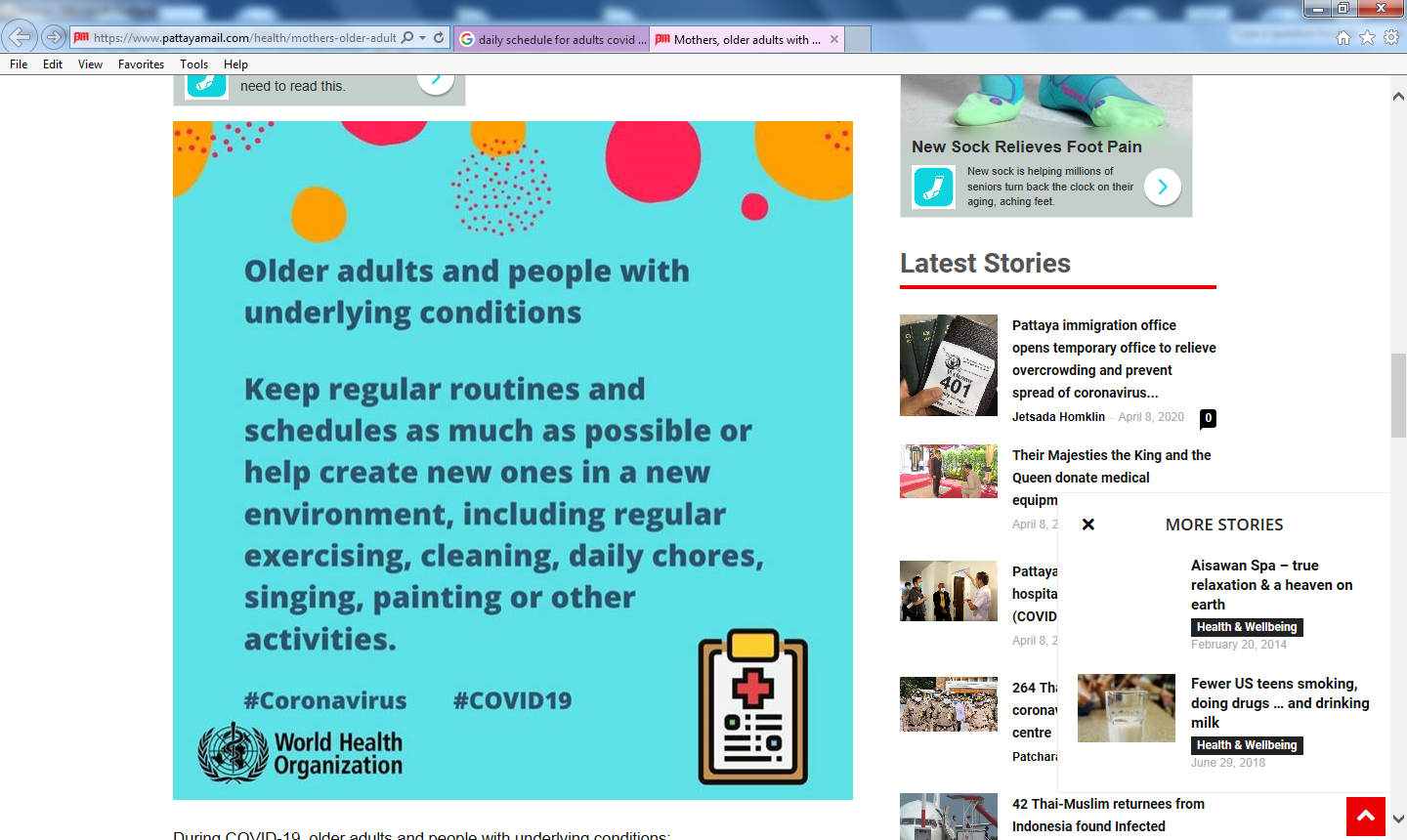
Which type of activities worked the best?

What time of the day do you function the best?

What activities do you like to do together with those living with you or with your carer?

**Caregiver Tips:**

The goal of a daily schedule is not to pack it full with activity every minute; prioritize the goals for each day and be flexible. It is also important to schedule in downtime for you too. You need time to recharge your battery!



**Sample Daily Routine**

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| **TIME** | **TASK** | **DETAILS** |
| **8am** | Wake up & personal care | Wash and get dressed  *(try to get up at the same time each day)* |
| **8.30am** | **Breakfast** | Prepare, eat breakfast and tidy up |
| **10am** | Listen to radio | Radio chat show/ morning mass on the radio/ music programme |
| **10.30am** | Movement activity | Gentle exercises/ gardening/ household job |
| **11am** | **Tea/ coffee break** |  |
| **11.30** | Quiet activity | Read newspaper or a book, listen to audio book or music, nap *(limit naps to 30 minutes)* |
| **12.30pm** | **Lunch** | Prepare, eat lunch and tidy up |
| **2pm** | Creative/ social/ intellectual activity | Do a puzzle, complete a craft or artwork, do a crossword, phone a family member or friend, write a letter to a friend |
| **3pm** | **Tea/ coffee break** |  |
| **3.30pm** | Movement activity | Do a job around the house, gardening, do some gentle exercises, baking, check the cupboards and prepare a shopping list |
| **4.30pm** | Quiet activity | Read newspaper or a book, listen to audio book or music |
| **5.30** | **Dinner** | Prepare, eat dinner and tidy up |
| **7pm- 10pm** | Relaxing activities | Watch T.V., read a newspaper or book, have a conversation with someone over desert, enjoy a light snack *(try to avoid heavy foods and caffeine/ alcohol 6 hours before bed)* |
| **10pm** | Bedtime | Try to relax before bedtime e.g. read a book, listen to music  Complete personal care activities  *(try to go to bed at the same time each night)* |