

Managing Your Day: Tips

Have a plan but go with the flow.

If you know what's coming, you can prepare.

Remember to accept changes with patience.

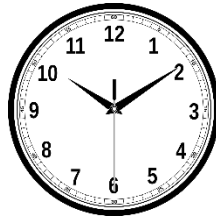
Follow a regular schedule or routine.

Stick with what's familiar.

Keep a clock within view.

Orient to time of day using cues.

Post the date or mark a calendar.



Draw from past experience but stay open to new ideas.

Try something different. If it works, do it again.

Personalize! What's the best fit?

Arrange meaningful activities.

Match activities to past interests.

Be reassuring in your actions, words, and tone.

Move slowly and deliberately—don't rush.

Speak clearly in a calm voice.

If you need to step away to calm down, do it!

Meals: Keep it simple!

Consider easy to eat items, like finger foods.

Include movement throughout your day, as you are able.

Stretch, reach, walk, or whatever you enjoy.

Laugh!!!!

My Plan for Today

Morning Activities

1.

2.

3.

Afternoon Activities

1.

2.

3.

Evening Activities:

1.

2.

3.

What we will do for movement today:

What I will do for my own self-care today:

What went well today:

We enjoyed...

I was able to...

I am grateful for...

Suggested activities to help with...

Calming

Playing soft, calming music
Applying skin lotion
Holding a soft pillow or blanket

Motivating, Energizing

Walking
Marching while seated
Playing upbeat peppy music
Tapping or clapping in time to music
Helping with folding, sorting, sweeping

Memory

Engaging in conversation
Prompting with a picture in a magazine
Having your loved one read aloud
Reading aloud to your loved one
Doing a puzzle together
Sorting playing cards or other objects
Doing a word search

Connecting

Looking at photos together
Singing a favorite tune from earlier days
Dancing together
Praying together

Social Connection

Scheduling phone calls
Trying a video call, if you can
Having friends or neighbors stop by

Rituals

Using a special name or phrase
Setting the table
Preparing for a bath
Getting ready to go out
Settling down before bedtime

Staying Occupied

Sorting playing cards or other objects
Matching socks
Stringing large beads or rings
Making a ball of yarn or string
Tossing things into a laundry basket
Coloring, gluing, or cutting paper
Popping bubble wrap

Shifting Perspective

Going for a walk or a drive
Getting travel books from the library
Watching dogs and/or kids play

Using All the Senses

Smelling herbs and spices
Feeling sandpaper, corduroy, or satin
Having tart homemade lemonade
Ringing chimes or bells
Listening to nature sounds

Kitchen Chores

Mashing potatoes
Making "canned" biscuits or cookies
Snapping beans
Mixing instant pudding
Sorting silverware
Washing fruit
Drying pots and pans



Remember:
Being a good caregiver
means caring for yourself