My Daily Routine

Having a familiar routine can help make my day feel easier

MORNING

When I usually get up: _____

□ Get washed and dressed
□ Have breakfast
□ Take medication
□ Have a drink
□ _____
□ _____

AFTERNOON

□ Have lunch
□ Have a drink
□ Take medication
□ Do something I enjoy
□ _____
□ _____

EVENING

□ Have my evening meal
□ Have a drink
□ Take medication
□ Get ready for bed
□ _____
□ _____

THINGS THAT ARE IMPORTANT TO ME

Something I like to do every day:

MY ROUTINE CAN CHANGE

Some days don't go to plan. That's OK.
If I miss something, I can:

If I need help, I can contact:

Dementia Direct
At the Carers' Support Service
NORTH LINCOLNSHIRE