



# Daily Routines with Dignity



# Why Routines Matter

Routines reduce anxiety and confusion. They give both of you something predictable to hold onto.



## Reduce Anxiety

Predictable patterns help minimize confusion and stress



## Create Stability

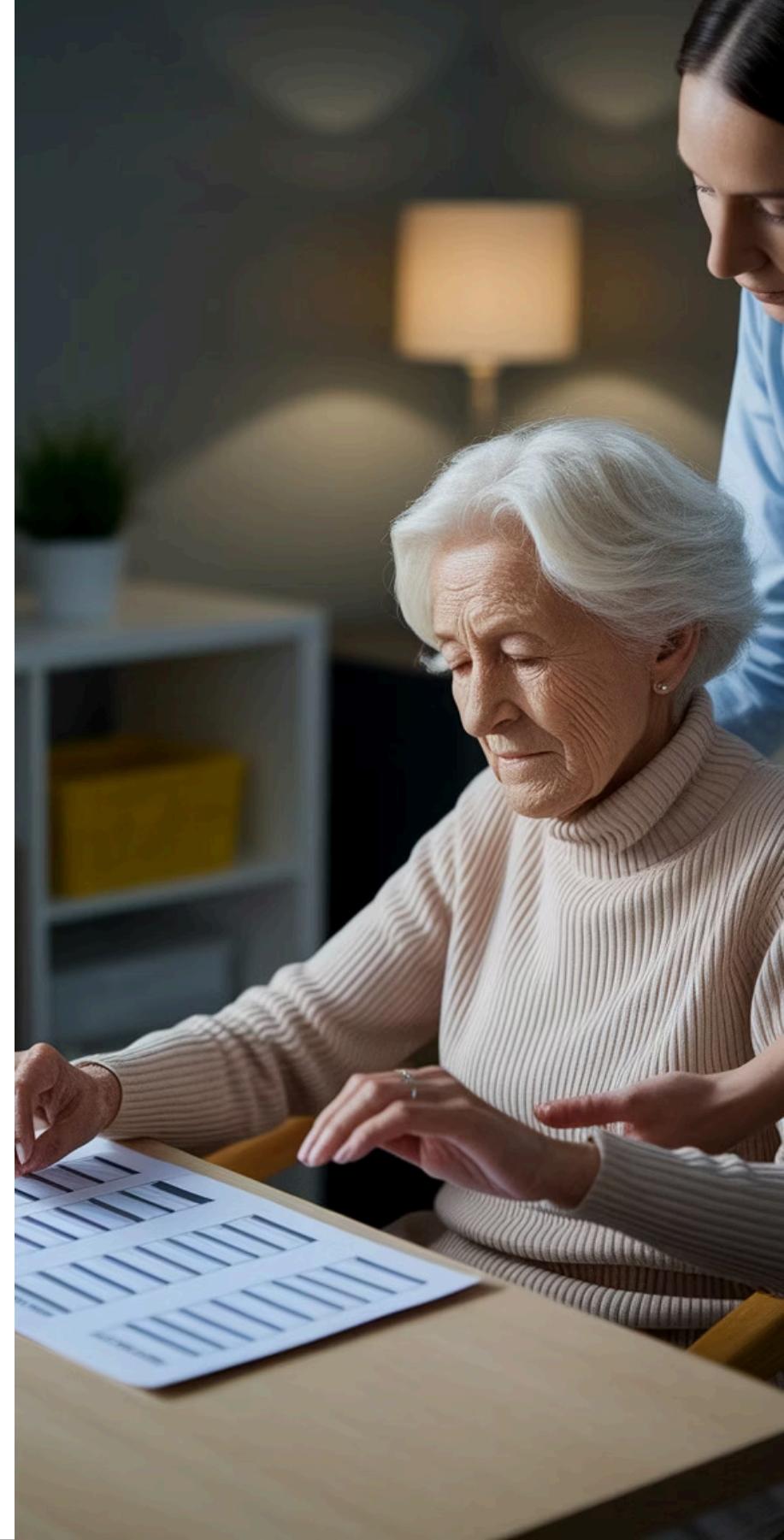
Routines provide something familiar to hold onto



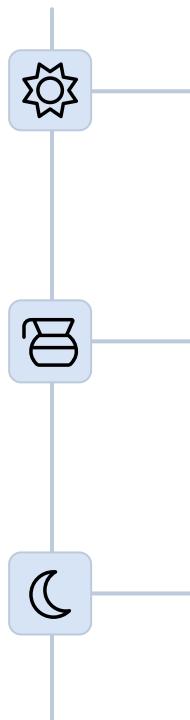
## Foster Connection

Shared activities build meaningful moments together

Calm flows from rhythm



# Build a Gentle Daily Flow



## Morning

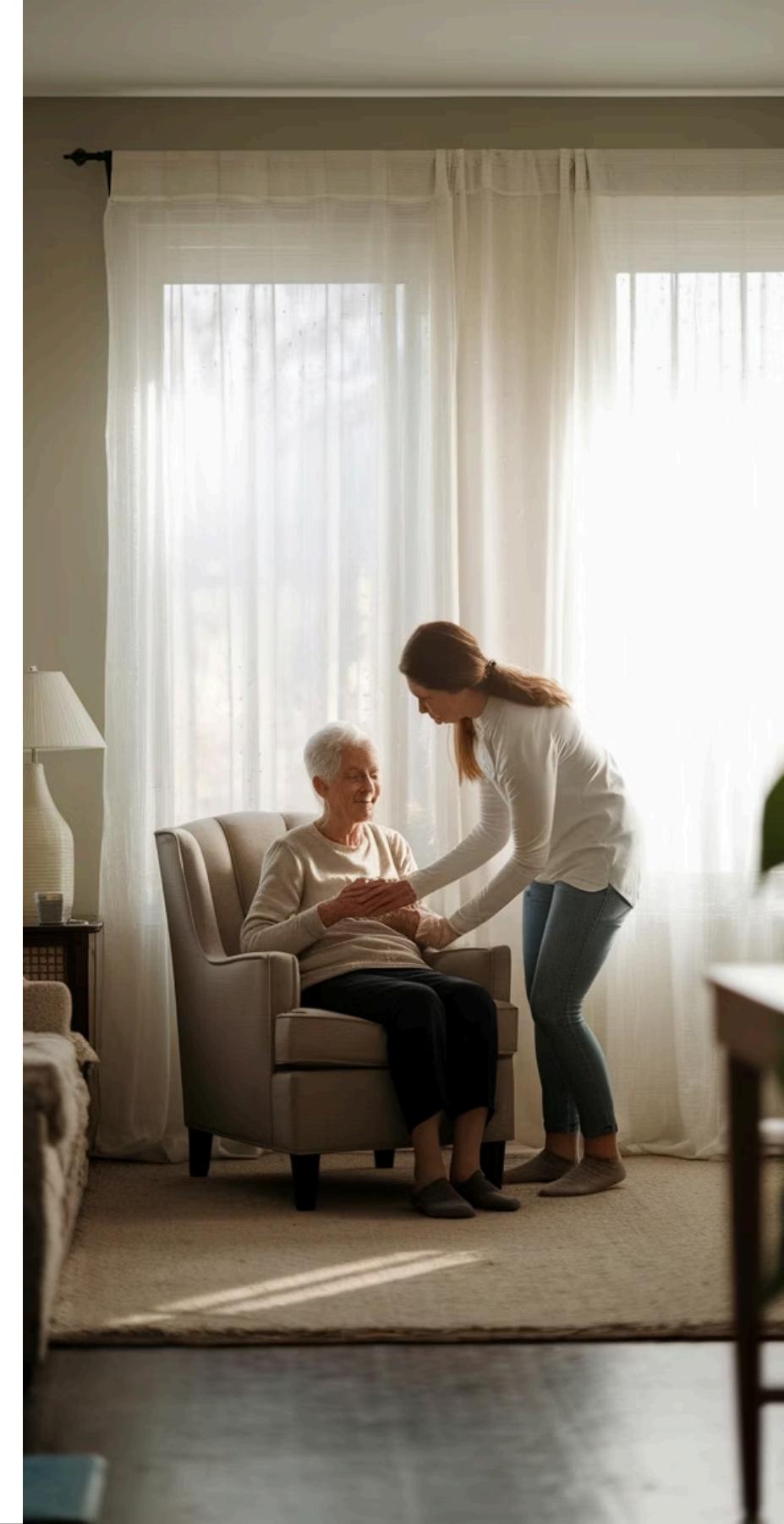
Wash, dress, simple breakfast

## Midday

Light activity, lunch, quiet time

## Evening

Familiar TV, light meal, dimmed lights





## Use Visual and Verbal Guides

### Visual Calendars

Large wall calendar

### Clear Labels

Notes on doors ("Toilet", "Kitchen")

### Routine Reminders

Photos by routines (like toothbrush  
beside the mirror)



## Add Touch points of Connection

### Share Tea Time

Sit together over tea

### Reading Together

Read aloud from a short book

### Musical Memories

Listen to old music and reminisce

# Help Them Feel Involved

## Simple Household Tasks

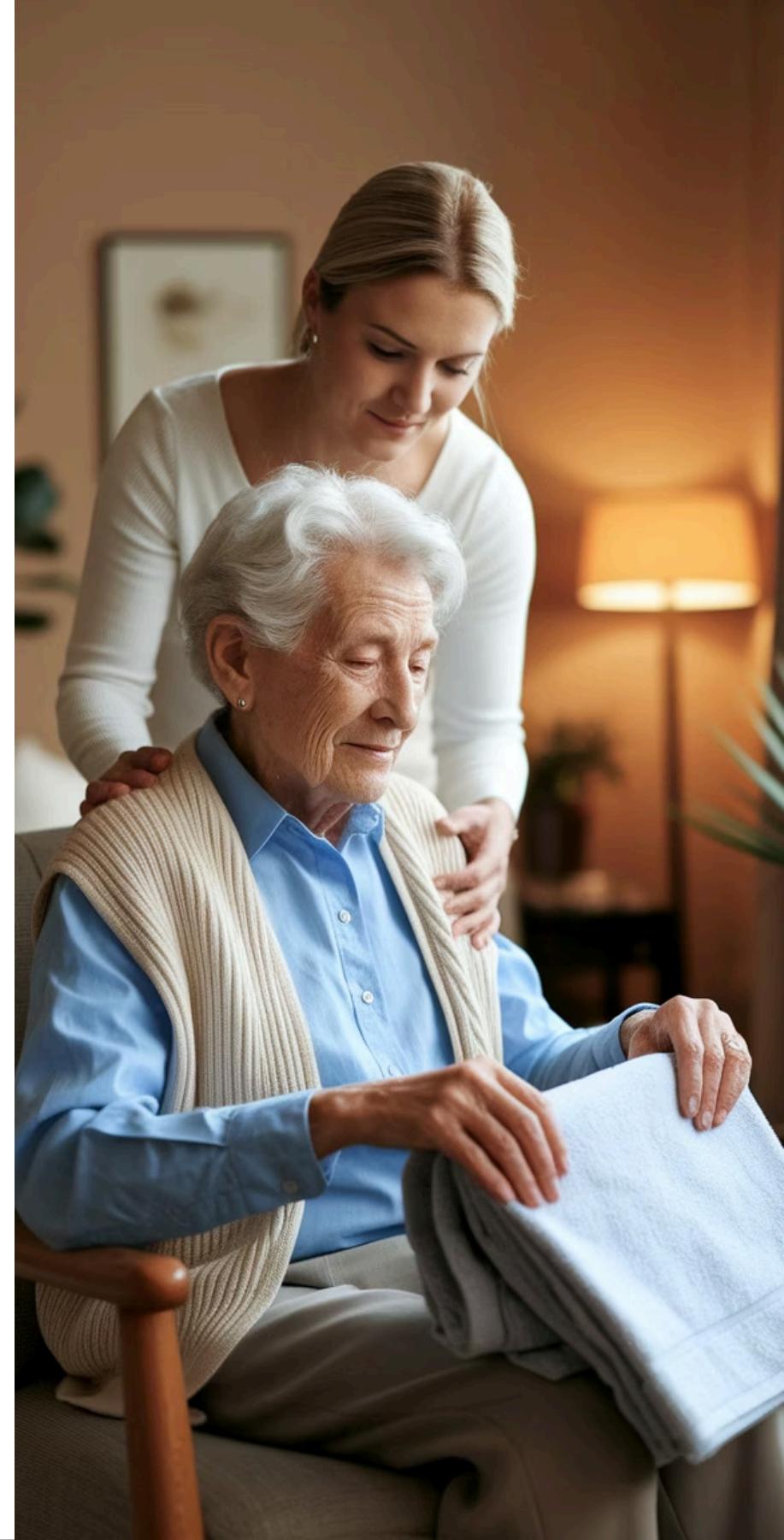
Ask them to help fold towels

## Cooking Participation

Let them stir the soup

## Meaningful Contribution

Offer safe tasks to feel useful



# When the Routine Breaks

## Stay Calm

Maintain a kind and patient demeanor even when routines don't go as planned

Flexibility is part of the care

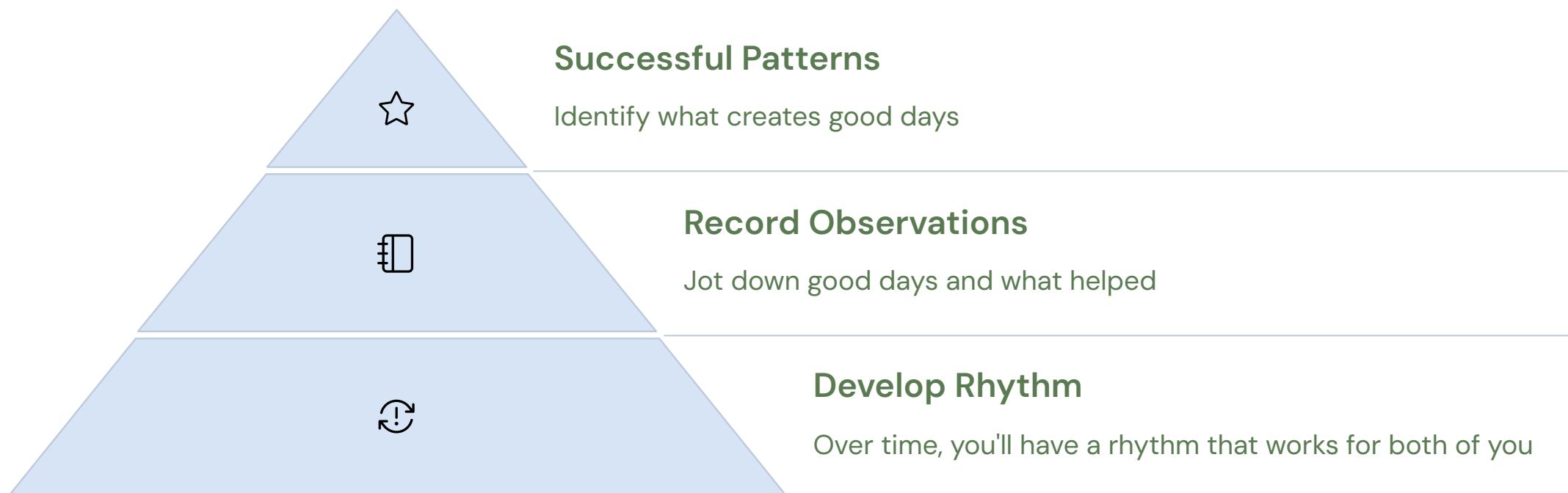
## Be Flexible

Try again gently, or move on to something else if needed

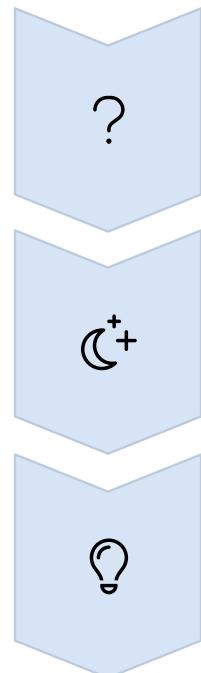
# One Routine Doesn't Fit All



# Track What Works



# Ask Your Navigate Dementia Support Companion



## Routine Creation

"Can you help me create a daily routine?"

## Bedtime Support

"What's a calming bedtime routine?"

## Simplification Tips

"How can I make routines easier to follow?"

