Weekend Checklist for Dementia Caregivers

Author: Echoing Healthy Ageing

Date: 2024-09-07

Use weekends as a gentle reset for the whole family.

Weekend hours are perfect for light planning. This checklist keeps dementia care organised without feeling overwhelming.

## Review Medication and Supplies

Count tablets, refill prescriptions, and check mobility aids. Keep a simple log stuck on the fridge so everyone knows what is stocked.

## Plan Social Touchpoints

Line up phone calls with grandchildren, recorded blessings from loved ones, or a quick video message. Social interactions reduce anxiety for both caregivers and elders.

## Refresh the Calm Corners

Arrange a chair near the window, keep favourite books accessible, and place a basket with sensory tools like stress balls or essential oils.

## Schedule Your Own Rest

Reserve an afternoon nap, a walk along Marine Drive, or a coffee with friends. Caregivers who rest for even 45 minutes report higher patience levels.

## Check Upcoming EHA Sessions

Look at the Memory Café calendar, therapy workshops, and tele-consults. Booking in advance ensures consistent support.