



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



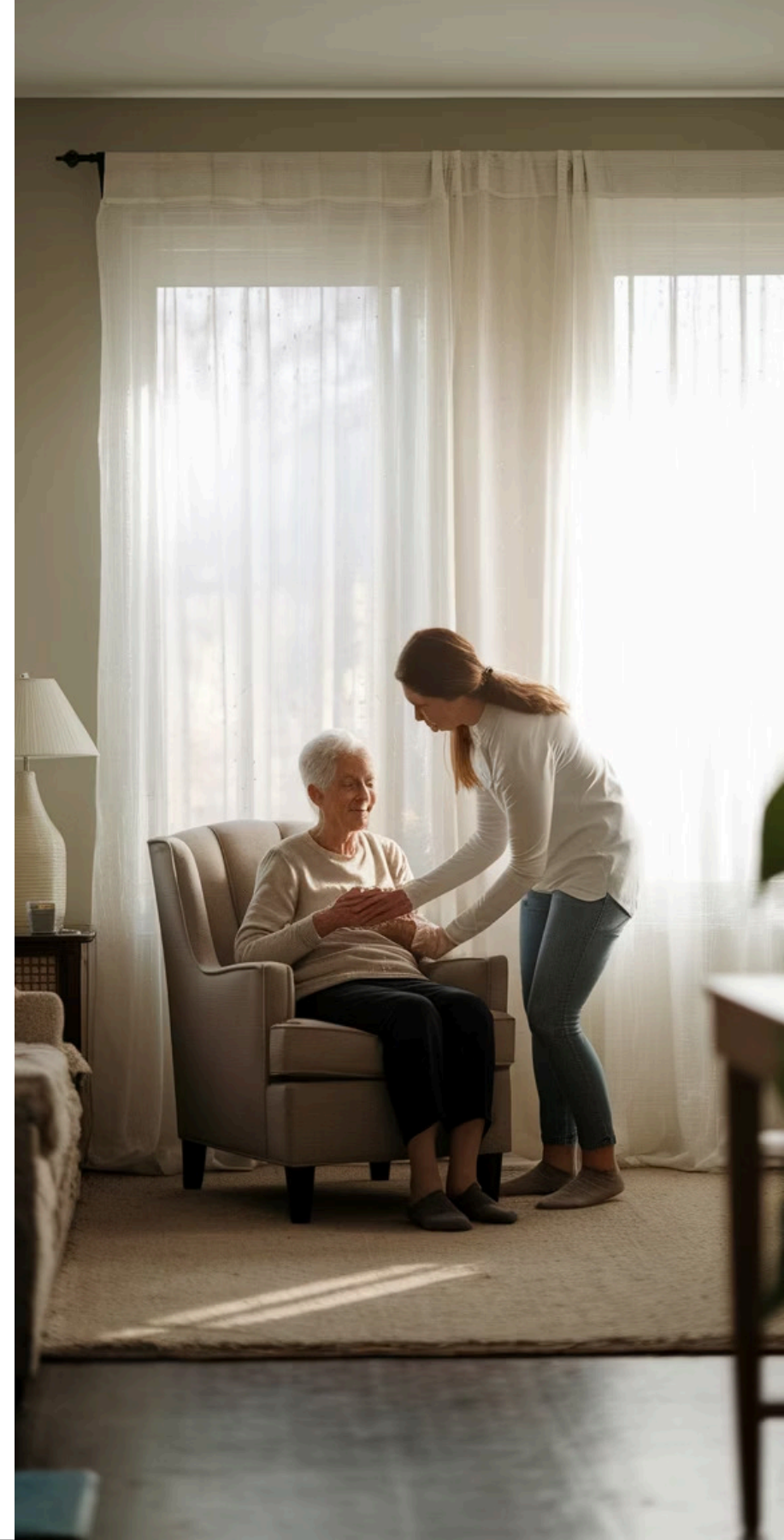
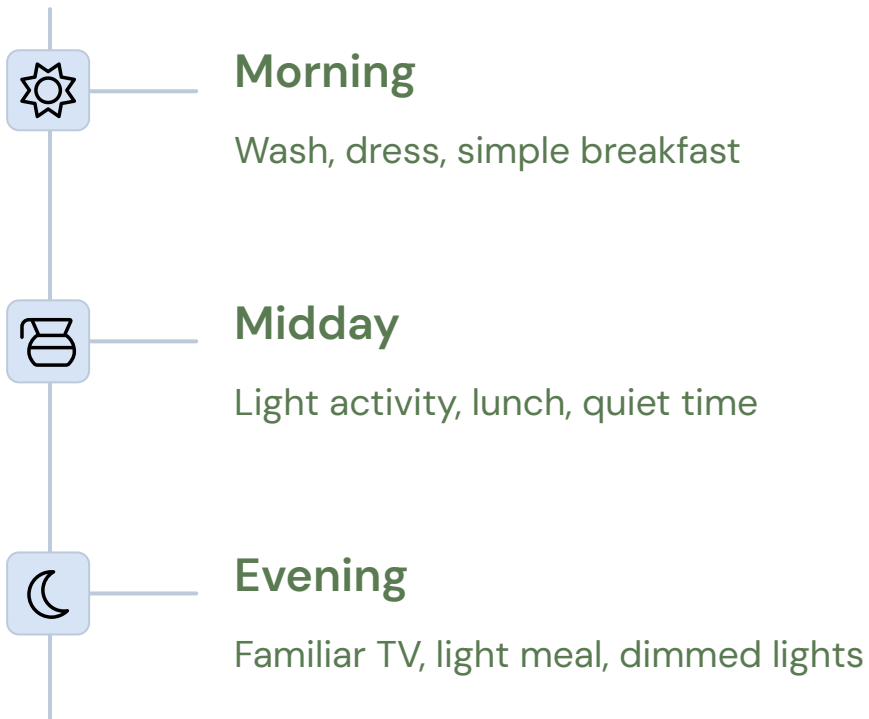
Foster Connection

Shared activities build meaningful moments together

Calm flows from rhythm



Build a Gentle Daily Flow





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

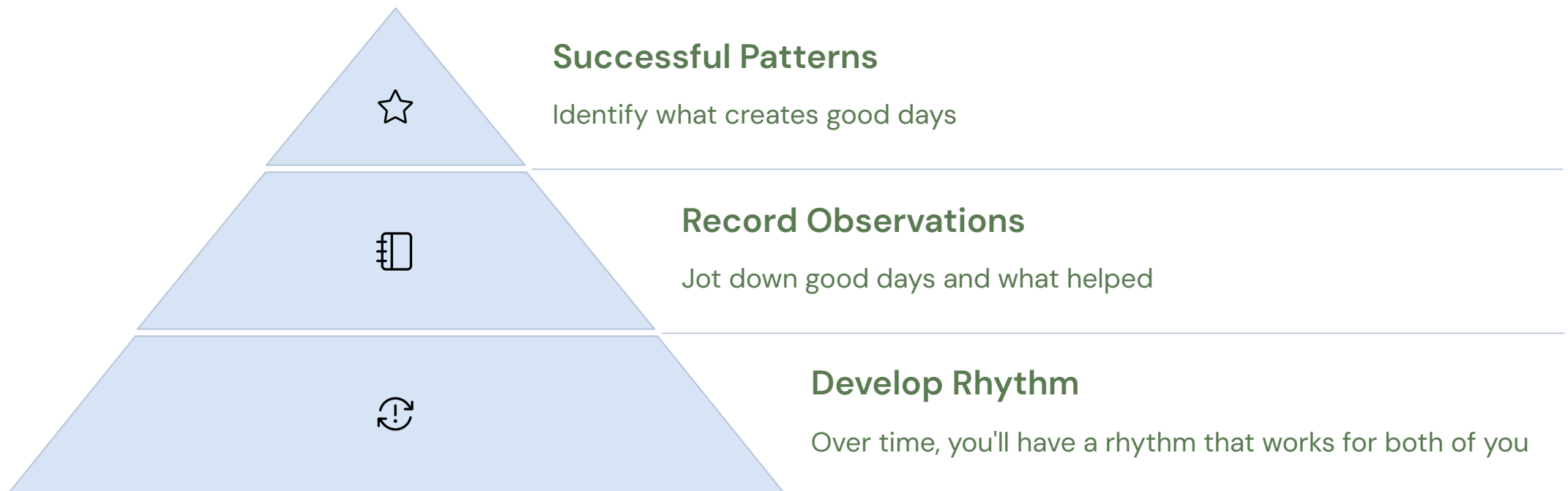
Be Flexible

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?"

