


Successful Daily Planning For a Person With Dementia: How to Structure Your Day

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Our Speaker



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Stages of Alzheimer's

- Early / Mid / Late
- Will dictate what you do / limitations
- Will determine how much help you need

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3

“Activities”

- Definition – not always “formal”
- Importance
 - Dignity, self-worth,
- Benefits:
 - Energy / Sleeping at night
 - Physical – arthritis / digestion
 - Cognitive

“Activities of Daily Living”

- Bathing
- Dressing
- Eating
- Toileting

Household / Daily Chores

- “I really need your help”
- Cooking
- Setting the table
- Laundry
- Raking Leaves

Structure vs. Flexibility

Schedules are critical

Schedules must be flexible

Schedules Are Important for the Caregiver

- Schedules give you some sense of control
- Schedules help you get things done
- They remind you and give your permission for self-care

Scheduling Tips

- Time of Day
- Energy Levels
- Visitors
- Getting Things Done
- Boredom Napping....

“Anxiety”

- Pacing / Repetition / Questioning
- Walk with them
- Hold their hand

“Sundowning”

- Late afternoon, early evening
- Anxious, restless
- Sleep is disrupted at night

Asking For Help

There WILL come a time when you hit the wall...

You and your loved one both deserve for you to be cared for!

Others want to help...

Your Attitude

Above all, try to focus on having good times
and enjoying your loved one's company

Resources

24/7 Nationwide
Helpline: 800.272.3900


Resources

Support Groups
Education Programs
Information & Referrals

ALZ.org
CommunityResourceFinder.org
ALZ.org/CRF

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16



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17

Resources

ALZ.org/LEARN

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18
