

Caregiver Routine

A caregiving plan lists the daily tasks done at a regular routine.

Sample Routine

Needs	Morning	Afternoon	Evening
Personal care needs	Brush teeth	Shower Personal grooming	Wash up Simple hand/ leg massage
Meals and medication needs	Prepare and eat breakfast Take medication Measure blood pressure or temperature	Lunch, Take medication	Dinner Snack and fruits Take medication
Exercise and Leisure Activities	Light exercises Chit-chat Watch TV	Nap Stretching exercises Read newspaper	Stroll Meeting friends Listen to music
Doctor's appointments	Prepare documents Plan transport Note down loved one's recent condition for doctor	Visit doctor	Review doctor's notes Take note of changes in medication
Chores	Tidy room	Laundry	Sweep floor
Self-Care	Have your favourite breakfast and coffee	Practise meditation	Attend caregiver support group (weekly)

Here are some daily activities to consider:

- Household chores
- Mealtimes
- Personal Care
- Creative activities
- Mental activities
- Physical activities
- Social activities
- Spiritual activities

When designing a daily routine, consider the following:

- Their likes, dislikes, strengths, abilities and interests
- How your loved one used to plan his or her day
- Times of the day when your loved one feels more alert
- Ample time for meals, bathing, and dressing your loved one
- Practising good sleeping habits by waking up and going to bed at regular timing
- For caregivers yourselves, have your regular in-between me time activities
- Share this routine with your family members.
- Display this care routine somewhere prominent e.g. on the refrigerator

My Caregiving Plan

Name: _____

Date: _____

Needs	Morning	Afternoon	Evening
Personal care			
Meals and medication			
Exercise and Leisure Activities			
Doctor's appointments			
Chores			
Self-Care			
Others			