



Routine Checklist for Seniors with Dementia

Here's a handy checklist you can print or keep on your phone. Tick each box as you put these tools in place to build a smooth, comforting routine for a senior with dementia.

Keep this checklist nearby. As each item becomes part of the day, the routine will feel more natural and you'll both enjoy greater calm and confidence.



Daily Schedule Posted

- Create and display routine times
 - Draft times for wake-up, breakfast, lunch, dinner, evening rest, bedtime
 - Write or print on large font
 - Laminate or place in clear sleeve
 - Hang at eye level in kitchen or living room
- Review with senior each morning
 - Point to schedule and walk through today's key events
 - Ask if any adjustments are needed



Visual Cues in Place

- Select or make photo cards/icons
 - Find/download simple images (toothbrush, plate, pajamas)
 - Glue or tape to index cards
 - Laminate if possible
- Place cues where needed
 - Toothbrush icon by sink
 - Plate icon on dining table
 - Pajamas icon on bedroom door
- Color-code storage
 - Choose colored tape or labels for drawers/cabinets
 - Match label to item category (e.g. blue for clothing)
 - Add legend to schedule chart



Anchor Activities Planned

- Morning movement
 - Choose safe route for walk or clear space for chair exercises
 - Lay out comfortable shoes or stable chair
- Purposeful group task
 - Select simple task (fold towels, sort socks, water plants)
 - Gather materials in one spot & explain steps clearly before starting
- Leisure/hobby time
 - Prepare puzzle pieces, craft supplies or music playlist
 - Offer choice of activity



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Transition Prompts Ready

- Have a short verbal warning script
 - Practice phrase in gentle tone "In five minutes we'll..."
- Gentle timer setup
 - Choose timer or app with soft chime & test volume
- Use prompt consistently
 - At warning time, speak phrase clearly
 - Show timer if helpful

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Choices Offered

- Limit to two options
 - Pre-select two meal or drink choices
 - Lay both out clearly
- Invite preference
 - Ask: "Would you like tea or coffee?"
 - Wait patiently for response
- Note choice on schedule
 - Mark selection so all caregivers know plan

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Quiet-Time Backups

- Photo album or memory book
 - Choose 5-10 favorite photos
 - Place in easy-view album
- Music playlist
 - Create 10-15 min playlist of familiar songs
 - Keep device charged and volume moderate
- Rest area setup
 - Place comfy chair or recliner with pillow
 - Keep soft blanket nearby

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Successes Tracked

- Sticker/checkmark system
 - Buy a sheet of fun stickers or use marker
 - Place next to each activity on printed schedule
- Verbal praise ready
 - Prepare brief phrases: "Great job," "Well done"
 - Say them enthusiastically after task

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Flexibility Built In

- Identify fatigue signs
 - List signs (yawning, agitation, loss of focus)
 - Keep list visible for caregivers
- Plan extra rest breaks
 - Slot 5-10 min "pause" times after two activities
 - Use quiet backup activity if senior resists resting