



# Creating Routines that Reduce Stress

*For both you and your loved one*

*Living with dementia can feel disorienting—for the person affected and for their caregiver. Familiar things may suddenly feel unfamiliar. Time may feel mixed up. Simple choices may cause anxiety. That's where routines come in. A predictable routine brings structure, comfort, and calm. It reduces confusion, prevents outbursts, and makes caregiving easier.*

## 💡 Why Routines Help

People with dementia may struggle with short-term memory or understanding what's going on around them. When each day follows a similar flow, it becomes easier for them to feel safe and in control.

For caregivers, a routine:

- ✓ Takes out the guesswork
- ✓ Lowers emotional strain
- ✓ Makes planning the day more manageable

## 💡 What Makes a Good Routine?

1. **Keep it simple**  
Use the same wake-up time, mealtimes, and bedtime every day. This gives the day rhythm.
2. **Build around existing habits**  
If your loved one always had tea at 10am or prayed before bed - keep those habits. Familiarity is soothing.
3. **Alternate between active and quiet times**  
Too much noise or activity can overwhelm. Include rest periods between meals, walks, bathing, and visitors.
4. **Repeat, repeat, repeat**  
Dementia affects memory, so repeating the same schedule daily helps build a sense of safety.

## 🏠 Sample Daily Flow (Modify for your family's lifestyle)

Time	Activity
7:00 AM	Wake up, light stretch



## Time

7:30 AM

9:00 AM

10:00 AM

12:30 PM

1:30 PM

3:30 PM

5:30 PM

7:00 PM

8:30 PM

## Activity

Breakfast

Light chore or walk

Tea and music or memory activity

Lunch

Rest or nap

Snack and quiet activity

Dinner

Calm activity (TV, prayer, story)

Bedtime routine

## 💡 Tips to Make It Work

- ✓ **Use visual cues:** A simple clock, photos, or a printed daily schedule helps them follow along.
- ✓ **Be flexible:** If something isn't working, adjust. Routines are a guide, not a prison.
- ✓ **Involve them:** Let them help with folding clothes, setting the table, or watering plants - it gives purpose.
- ✓ **Celebrate small wins:** A peaceful morning. A shared laugh. These are victories.

## ♥ Final Thoughts

A good routine isn't just for the person with dementia. It's for you too.

It helps you pace your energy. It lowers frustration. And most importantly; it gives you moments of connection and calm in the midst of a challenging journey.

You're doing something truly meaningful. And a peaceful routine can make the hard days a little softer - for both of you.