

Section 3

1. Importance of routine

- Examples:
 - Specify how routine helps your loved one.
 - What is the impact of disruptions to routine?
 - How open is your loved one to spontaneity?
 - What coping strategies are used for unavoidable changes in routine?

2. Routines at home

Morning routine

a) Waking Up:

- What time do they usually wake up?
- Do they wake up on their own, depend upon an alarm, or have to be roused from sleep by someone?
- What is their usual demeanour?
 - Examples:
 - Happy
 - Grumpy
 - Quiet and slow moving
 - Alert and busy

b) Bathroom:

- Do baths or showers occur in the morning?
- Note if any assistance is required?

You might find it helpful to refer readers to further information in your skills notes.

c) Dressing:

- Do they select their own outfits?
- Note if assistance is required to dress.

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d) Breakfast:

- Note the meal time and how long breakfast takes.
- Record any dietary restrictions.
- What is the usual breakfast? Is there a favourite food?
- Who plans and prepares the meal?
- Must portion size be controlled and number of helpings limited?
- Where is the meal eaten?
 - Examples:
 - Kitchen
 - In front of tv
- Do they usually eat with other people? If so, who?
- Is assistance needed to eat?

You might find it helpful to refer readers to further information in your skills notes.

- Do they clean themselves and the kitchen after the meal?
 - Can they do this unsupervised or do they need help and reminders?
- What happens if company or travel disrupts this routine?