

Importance of daily routines


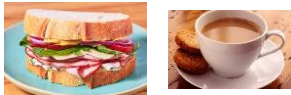




Regular routines are vitally important for those with Dementia and can also help those who are in a caring role. Those with Dementia thrive on familiarity, which gives a sense of comfort in a sometimes-unfamiliar world filled with anxiety. A set routine can enable a sense of security, builds confidence and can help minimise some behaviours, easing distractions and making it easier to manage on a daily basis.

Routines

We all thrive on routines throughout the day and if this is altered in any way it can make us feel out of kilter. Routines give us all a purpose, as well as a sense of control and can aid our mental and physical well-being as well as helping us to cope more easily as a carer. Having Dementia means you can feel unsettled, anxious and embarrassed as the memory changes and fades. Having daily routines can be a vital tool that in turn gives a sense of worth, heeds embarrassment, normalises the day. It is important to stick to routines and not to deviate, although in a busy world full of changes this can be difficult. The importance is to explain the change prior, so that there is a greater understanding and anxieties are alleviated.

Timelines

Visual aids such as timelines are a great resource to promote routines and allow someone with Dementia to source information themselves. This is hugely important in those with Dementia to think for themselves and feel they have some control. This can be done together, planning the day ahead, focussing on activities that are personal and enjoyable and that are person centred to their individual interests. Using pictures along with words enables a deeper understanding and continues the connection of the meaning of words, using old pictures can be related to more easily than modern pictures. Having a clock close to the timeline is key in order to promote independent thinking and linking of tasks to time.

<p>9am – Shower, Breakfast</p> 	<p>10am - Crossword</p> 	<p>12pm - Lunch</p> 	<p>2pm - Walk</p> 
<p>4pm – TV</p> 	<p>5pm – Dinner</p> 	<p>7pm – Telephone Call from Susan (Daughter)</p> 	<p>10pm - Bed</p> 