



### Sample Daily Routine

1. Wake up, engage in personal care (brush teeth, clean glasses, wash up), and get dressed.
2. Prepare and eat breakfast.
3. Engage in conversation about current events over coffee/tea. For example, refer to a newspaper, magazine or website, such as Good News Stories.
4. Do morning stretches and light exercise.
5. Engage in a quiet activity, such as a jigsaw puzzles, knitting, sorting objects, tidying up, reminiscing about old photos, doing a craft project or a word puzzle (individually or with assistance).
6. Prepare lunch and have the person with dementia assist with clean up.
7. Enjoy the arts. For example, listen to music (YouTube, iPod, radio), dance, draw/sketch, listen to an audiobook.
8. Help with chores around the house, such as sweeping, tidying, wiping surfaces, doing laundry (sorting socks, folding tea towels and washcloths).
9. Prepare dinner and clean up.
10. Go for an evening walk; do a gentle stretch or play an active game.
11. Enjoy a TV show (e.g. Wheel of Fortune or favourite show) or call a family member/friend.
12. Start your routine for getting ready for bed.

Many activity samples can be found under the Recreation Page: [Activities, Ideas and How-to At Home](#).