



## ROUTINES AND REMINDERS

Activities that make up day-to-day living, such as dressing, grooming, bathing and eating, can be made to form a pattern. Routines allow the person with Alzheimer's disease to know what to expect and to continue to do things on her own. Doing so will make her feel better about herself.

It will be easier if you continue the routines that she has been used to much of her life. For example, if she is used to bathing in the morning it is best to make morning bathing the pattern. Carrying out the activities in much the same order each day will also help the person know what to expect.

Reminders will help, particularly during the earlier stages of the disease. These can be written notes on the fridge to remind her to eat or signs on a cupboard to tell her what is inside. If the person is living alone, see the [Ethical Guideline: Living Alone](#).

If she no longer understands words, colour cues or pictures could be used. Cues such as a toothbrush on the counter will remind the person to brush her teeth. Clothes laid out in the order they are to be put on will make it easier for her to get dressed.

Regular reminders might be needed to get the person to go to the bathroom.