

Creating the right environment,  
structure, and routine for your loved one



**Norma Brownell, LVN**

Executive Director of  
ActivCare® at Point Loma

# Creating a Structured Environment

- Creating the right environment is as crucial as receiving the right treatment
- When creating this environment, remember it should be designed for cognitive impairment
- The proper environment can help Alzheimer's patients feel less confused, depressed and isolated

# Creating a Structured Environment (cont'd)

1. Set up the environment to encourage participation in familiar and meaningful activities



















# Creating a Structured Environment (cont'd)

2. Plan activities to promote some form of exercise at least 40 % of the day













# Creating a Structured Environment (cont'd)

3. Establish consistent routines
4. Organize necessary materials and equipment in advance
5. Reduce distractions



# Creating a Structured Environment (cont'd)

6. Incorporate the individuals life experiences in activities







# Planning Activities

- For the person with Alzheimer's -  
Activities become purposeful events that establish a comfortable and familiar routine for each day
- Activities can also enhance a person's sense of dignity and self-esteem by giving purpose and meaning to his or her life









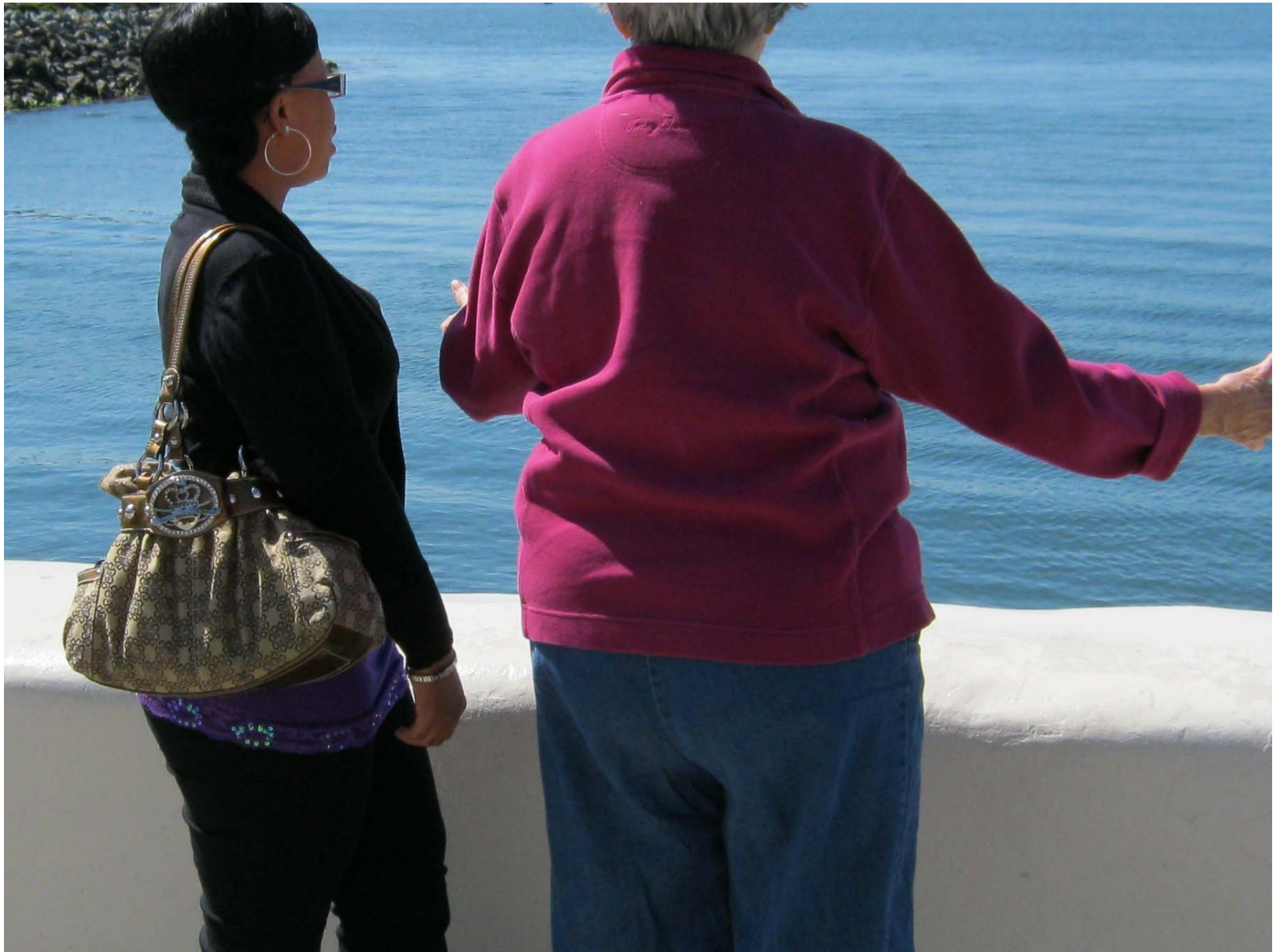


Activities can be passive or active.

Some people may participate in an activity, while others may only observe or watch.







# Planning the Day

A planned day allows you to spend less time and energy trying to figure out what to do from moment to moment. When planning, think about:

- What activities worked best and which didn't? Why?
- Were there times when there was too much going on or too little to do?
- Were spontaneous activities enjoyable and easily completed?
- Was the person bored or distracted? Is it time to introduce a new activity?



# Example of a Daily Plan

## Morning

- Wash, brush teeth, get dressed
- Prepare and eat breakfast
- Discuss the newspaper or reminisce about old photos
- Take a break, have some quiet time



# Example of a Daily Plan (cont'd)

## Afternoon

- Prepare and eat lunch, read mail, wash dishes
- Listen to music or do a crossword puzzle
- Take a walk







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# Example of a Daily Plan (cont'd)

## Evening

- Prepare and eat dinner
- Play cards, watch a movie
- Take a bath, get ready for bed







# Planning appropriate activities for different times of the day

1. Structure daily activities according to the preferred routine of the individual
2. Plan daily exercise early in the day





# Planning appropriate activities for different times of the day (cont'd)

3. Alternate exercise type activities with more restful projects (snacks and hydration are important activities)



# Planning appropriate activities for different times of the day (cont'd)

4. Plan activities that stimulate the senses









# Planning appropriate activities for different times of the day (cont'd)

5. Allow for quiet time





# Planning appropriate activities for different times of the day (cont'd)

6. Take afternoon walks (time to connect and reflect)



# Planning appropriate activities for different times of the day (cont'd)

7. Encourage more mental activity during the later afternoon and early evening



# Task Breakdown

- Task breakdown is the process of helping a loved one to accomplish an activity one step at a time
- Task breakdown is one of the most powerful techniques that caregivers have
- Task breakdown helps your loved one to make sense of various activities of daily living by providing instruction in simple and easy to follow “bite size pieces”



# Why is it Important to Break Down Tasks?

- An effective approach and good communication outcomes
- As dementia progresses it becomes increasingly difficult for the person to focus on more than one or two ideas at a time – adjust approach as needed
- Inability to initiate activities. Need to push “re-start” button
- Don’t rush. The completion of the task is not the goal!

# Demonstration

- ActivCare® prompt and cue activity session



















