

FUN FACT: The moniker 'Mom' comes from babies. The first thing a baby can vocalize is the 'ma' sound, which is why in almost every language the word for mother begins with the letter 'M'.



Planning Your Days is Planning for Success

For those living with memory loss, a sense of present time or date is something that can disappear. This can cause daily confusion, fear, and anxiety. The good news is that caregivers can help. By providing loved ones with structure and a regular routine, feelings of stress and anxiety can be reduced.

Here are some helpful tips for creating a routine for every day:

- **Have a daily schedule posted.** Writing the day's activities for your loved one will help them move through their day with confidence. Include helpful hints such as the day of the week, date, and year.
- Plan stimulating activities **during their most energetic hours**, and plan downtime during times of tiredness. Keep in mind: A busy day will lead to a more restful night.
- **Communicate each event in the day simply and kindly**. Avoid getting frustrated when your loved one forgets or gets distracted.
- **Create a "daily special."** For example; Mondays are coffee and donuts days, Tuesdays are favorite dessert days, and Wednesdays are omelet days. Daily specials can serve as "markers" to help aid with remembering what day it is. Sundays can serve as "newspaper days," for your loved one to flip through the paper.

For an example of how you can plan your days, [click here](#) for a sample calendar or visit the Alzheimer's Association's page on how to [Create a Daily Care Plan](#).