

Daily Schedule Guide

Many seniors rely on consistent daily routines. Establishing a daily schedule not only helps elderly adults feel more in control, but it also encourages healthy habits. When creating daily schedules for the elderly, it is important to be flexible as things can change from one day to the next. Start out by asking what their current daily routine looks like. From there you can help build on healthy habits to perfect their daily routine.



Morning Schedule

Morning is often the most active time for seniors. This is when older adults have the most energy, making it the perfect time to get things done. Seniors can start their mornings off right with the following basic schedule:

Bathing – At a minimum, seniors should shower or bathe at least once or twice a week to minimize the risk of infection and skin breakdown. If traditional bathing is not possible, a thorough wipe down of the armpits, genitals, groin, feet, and any skin folds can help prevent body odors.

Hygiene – Basic hygiene practices should be followed daily. This includes brushing teeth (or denture care), hair combing, and the use of skin ointments or lotions, if necessary, to keep skin soft and moisturized.

Breakfast – Always encourage a healthy breakfast to start their day.

Activities – Morning activities can vary from person to person but may include breakfast cleanup, enjoying a cup of coffee, laundry, watching TV, gardening, taking a walk, or similar activities.



Afternoon Schedule

Lunch: Start the afternoon with a delicious lunch: simple lunches like sandwiches, salads, or cut-up fruit and veggies.

Activities – Afternoon activities could include doctor appointments, visiting friends, crafts, volunteering, or walking. Crossword puzzles and other ‘thinking’ games can be useful for boosting cognitive function.

Nap – Resting is important for seniors, no matter how active they are during the day. Many seniors enjoy some relaxation time in the afternoon.



Evening Schedule

In the evening, seniors can finish up their day with dinner, an enjoyable activity, and a few simple tasks to prepare for bed.

Dinner – Although dinner is the final meal of the day, it should not be too heavy as this can cause digestive upset. Ideally, seniors should eat at least two to three hours before going to bed to allow the body time to properly digest the food.

Activities – Any activities done after dinner should be relaxing to help the person wind down for bed. Some great after-dinner activities include watching a movie, playing a game of cards, or reading.

Bedtime – This typically includes tasks like changing clothes, brushing teeth nightly medications, and preparing for the next day.

