LARGE PRINT



# Dementia Care Toolkit

## A calmer day, the patterns behind hard moments, and the person behind the diagnosis

Daily schedule • sundowning & behavior log • All About Me profile

Type in it on screen, or print as many copies as you like

Free from ElderlyDaily.com

# How to Use This Toolkit

THREE SHEETS THAT WORK TOGETHER

People living with dementia usually do best with a predictable day. These sheets help you plan that day, spot what sets off difficult moments, and tell anyone who helps who the person really is.

**HOW TO USE IT**

1. Fill in the daily schedule together, following the person's lifelong habits.
2. Use the behavior log for a few days whenever agitation or sundowning flares up.
3. Look back over the log for patterns: hunger, tiredness, pain, noise or a time of day.
4. Adjust the schedule to head those triggers off, and share the log with the doctor.
5. Fill in the All About Me profile once, and keep a copy where every caregiver will see it.

**TIPS THAT HELP**

- Keep the same order every day: predictability lowers anxiety far more than variety helps.
- Put the hardest tasks (bathing, appointments) in the morning, when the person is usually freshest.
- Keep late afternoon and evening calm and low-stimulation to ease sundowning.
- Build in rest, but keep naps short and early so night sleep is protected.
- Follow lifelong habits where you can: an early riser stays an early riser.

A sudden change in behavior, confusion or alertness can be a sign of illness, such as an infection or a medicine problem. Call the doctor the same day rather than waiting for the next appointment.

# Daily Schedule

HARDEST TASKS IN THE MORNING • A CALM EVENING TO EASE SUNDOWNING

NAME _____ DATE _____

## Morning

Wake to late morning

Tip: Hygiene and dressing while alertness is highest; one purposeful activity.

## Afternoon

Midday to late afternoon

Tip: Lunch, a short early rest, then gentle activity while it is still light.

## Evening

Dinner to bedtime

Tip: Early, calm dinner; lower the lights and noise; close curtains before dusk.

## Night

Bedtime to morning

Tip: Night lights to the bathroom; reassure calmly and keep it dim if they wake.

# Sundowning & Behavior Log



For a few days, jot down what was happening just before, what the person did, and what settled it. After several entries, the triggers usually show: hunger, tiredness, pain, noise or a particular time of day.

| DATE & TIME | BEFORE (WHAT WAS HAPPENING) | BEHAVIOR | WHAT HELPED | NOTES |
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# Sundowning & Behavior Log



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**PATTERNS I NOTICE (TIME OF DAY, TRIGGERS, WHAT WORKS)**

# All About Me

FOR AIDES, HOSPITAL STAFF AND RESPITE CARERS • PAGE 1 OF 2

MY NAME _____

## Call me

The name (or nickname) I like to be called

## My life

Where I grew up, my work, my family, my faith, languages I speak

## People who matter

Names and who they are to me

## I love

Foods, activities, places and topics that bring me joy

## Please avoid

Dislikes, subjects or situations that upset me

# All About Me



## My usual day

How my day normally goes: sleep, meals, routines

## When I am upset

What calms me, and what tends to make things worse

## Helping me

How to talk with me; hearing, vision or mobility notes

## Health quick facts

Key conditions, allergies and my emergency contact