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

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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

Sundowning & Behavior Log

DATE & TIME	BEFORE (WHAT WAS HAPPENING)	BEHAVIOR	WHAT HELPED	NOTES

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

All About Me

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