



Simple Morning Routine Planner

A one-page setup for making mornings calmer, more predictable, and easier to share.

THE NIGHT BEFORE

- Lay out clothes, glasses, hearing aids, water, shoes, walking aid, and any morning supplies.
- Prepare the bathroom path, breakfast items, and appointment paperwork.
- Put the first task in plain sight so the morning starts with one cue, not ten choices.

WAKE-UP TRANSITION

- Give extra time before standing. Rushing from bed to bathroom can make the whole morning harder.
- Use the same short phrase each day, such as, "Good morning. Bathroom first, then breakfast."
- Make sure glasses, shoes, and walking aid are ready before the first steps.

FIRST HOUR CHECKLIST

- Bathroom, handwashing, dressing, hydration, breakfast, medication routine, movement, and the first appointment or call.
- Follow the care team's medicine instructions. If the plan is confusing, ask the pharmacist or clinician to explain it in plain language.
- Keep the order familiar when possible.

REDUCE FRICTION

- Try one outfit option or two simple choices, not a full closet.
- Use labels, a written checklist, a visible calendar, or a timer if those tools reduce repeated questions.
- Notice what makes mornings harder: pain, confusion, low light, hunger, too much noise, or unclear instructions.

HANDOFF FOR ANOTHER HELPER

- Keep the routine where another caregiver can find it: fridge, binder, phone note, or counter.
- Include what helps, what causes stress, and what can be skipped on a hard morning.
- Update the plan when something changes instead of relying on memory.

Predictability is not boring. In daily care, predictability is kindness.

SOURCES CONSULTED

[MedlinePlus: Dementia - daily care](#) [MedlinePlus: Taking medicines - what to ask your doctor](#)