

INSTRUCTIONS

TO COMPLETE 4.3

To record your normal daily routines break the day into sections and note what you prefer to do and at what times. Record if there are regular changes to your routine on specific days, (e.g. Tuesday I attend exercise class so the afternoon routine includes a nap.)

Tick the degree of importance of each routine to you using this scale:

1 = no importance at all **2** = not that important **3** = fairly important **4** = very important

Tick if you need some help with the routine and record more information about your preferences in the last column.

You can add to this list, or leave aspects blank.

MY ROUTINES <i>(Suggestions of things to record are provided but add anything important to you.)</i>	IMPORTANCE TO ME				I NEED HELP		MY PREFERENCES <i>(Record information that will help a person to effectively support you.)</i>
	1	2	3	4	YES	NO	
My morning routine <i>(e.g. Time you get up? What you do? Order you do it? Importance of flexibility?)</i>							
My exercise routine <i>(e.g. daily walk, falls prevention exercises, specific exercises programmes, mental stimulation)</i>							
My meal routine <i>(e.g. Times you eat meals and snacks? Where you prefer to dine out? Preferred take aways? Any special food/drinks?)</i>							

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	1	2	3	4	YES	NO	
My afternoon routine <i>(e.g. What do you do? Order you do it? Naps? Importance of flexibility?)</i>							
My nap routine <i>(e.g. Morning/afternoon? Chair/bed? Length? Blanket/pillow?)</i>							
My relaxation routine <i>(e.g. fresh air, getting outside, meditation, music, animals, night cap, prayer, reading, rituals, etc.)</i>							
My night routine <i>(e.g. Time you go to bed? What you do? Order you do it? Sleep habits? Religious rituals, etc.)</i>							