

Daily Planner

Instructions

The daily planner and accompanying notes page are appropriate for someone with **early to moderate stage** dementia.

Above the words "Daily Planner" and "Notes," you will find a line where you or your person should **write their name**.

Both the schedule itself and the notes page are available in **varying levels of complexity** and slightly different styles. You may try one and see if it works for your person. If they are struggling, try a simplified version. They are in order from least to most complex.

We recommend placing this schedule in a designated, tidy space along with a calendar, a clock, and labeled bins to place important items in (examples: keys, wallet, phone). If appropriate, this can also be where medications are kept. You may wish to **provide reminders throughout the day to your person to check this space until it becomes a habit**.

When the day ends, **completed pages can be added to a binder** if your person wishes to keep them.

Daily Planner

Day of the week:

Today's Schedule



This morning, I
need to:



This afternoon, I
need to:

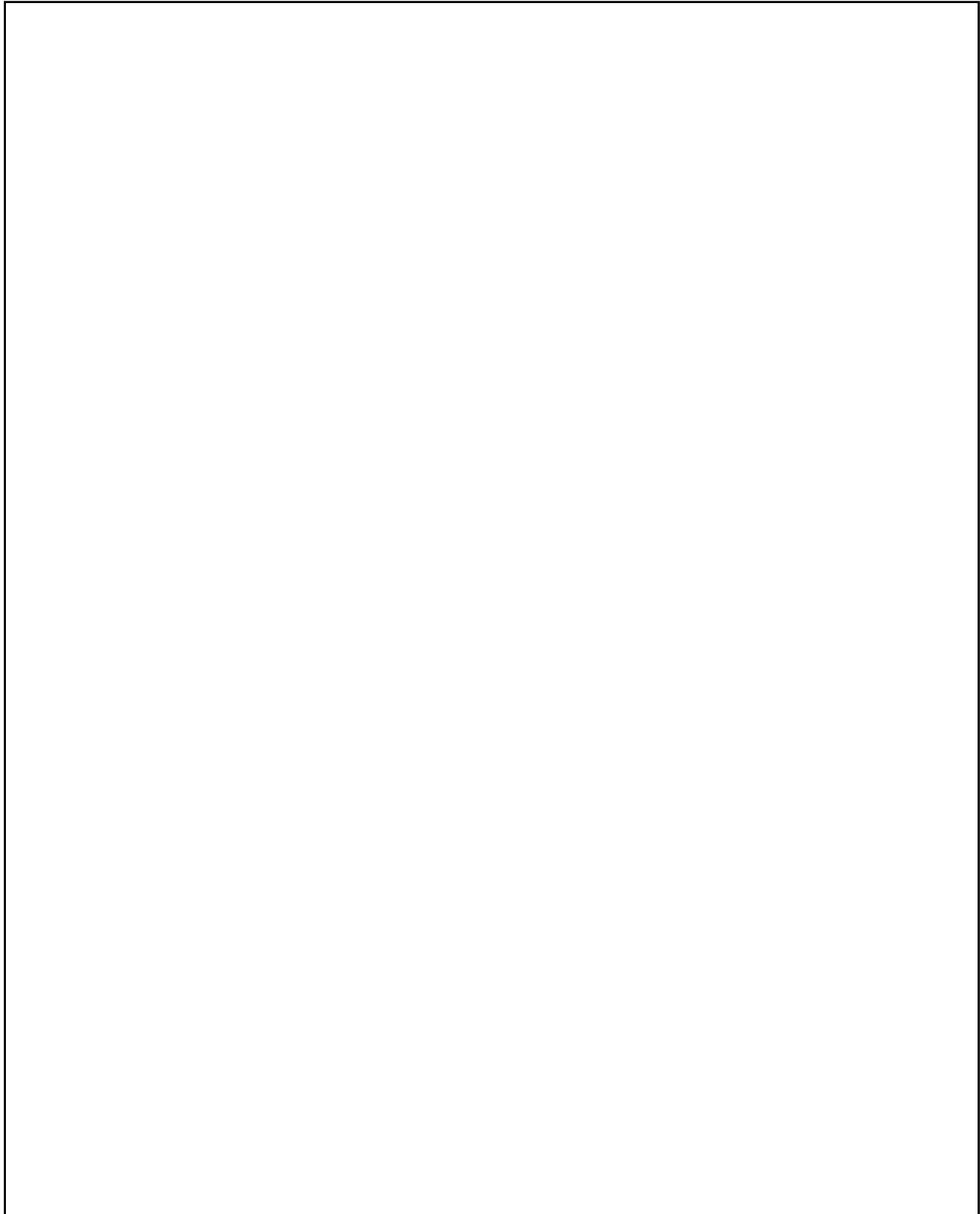


This evening, I
need to:

Notes

Day of the week:

Date:



Daily Planner

Day of the week:

Date:

Today's Schedule

MORNING

AFTERNOON

EVENING

Important Reminders

_____	_____
_____	_____
_____	_____

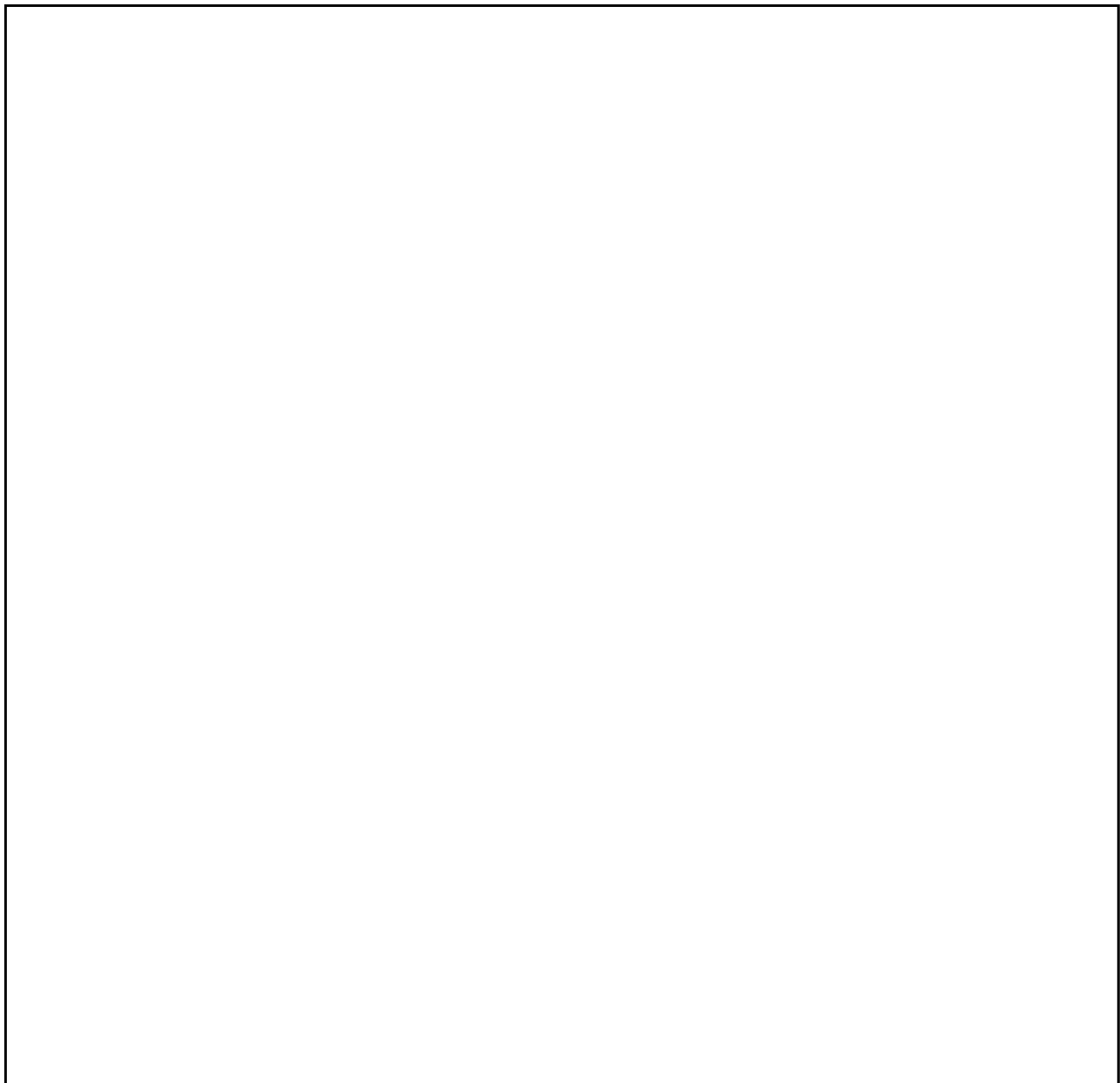
Notes

Day of the week:

Date:

I can use this to prepare questions and comments I have before phone calls, meetings, or appointments.

I can also use this to write down any information I learn today. I can take notes during phone calls and in-person conversations.



Daily Planner

Day of the week:

Date:

Today's Schedule

6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	

Today's Goals

Important Phone Numbers

_____	_____
_____	_____
_____	_____

