

My weekly caring planner



	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Early morning							
Breakfast							
Morning							
Lunch							
Afternoon							
Evening meal							
Bedtime							
Overnight							
Anytime							

Eight handy questions to help plan the weekly routines:

1. Are there any important routines for the person you care for (e.g. Medication, appointments, physio etc)?
2. What is the most important thing for you to add or keep in your weekly routine (for you)?
3. What about the rest of the family - what activities and events do they have?
4. Who is it important for you to spend time with - how can you do this?
5. What are the practical things that need doing? Who can help with this?
6. How could you make the weekends feel different, fun or relaxing?
7. What do you need to start or stop doing?
8. What could you do that helps you to recharge?

Do you have anything you would recommend to other carers to help their routines really work for them? We would love to hear your ideas over in the Mobilise Hub.

