

Routines and Checklist Bundle

For Dementia & Memory Loss

Getting Dressed

1. Put on your under garments

2. A Shirt

3. A Sweater or Vest

Leaving the house checklist



☐ keys



☐ wallet & Identification



☐ phone



Getting Dressed

1. Put on your under garments

2. A Blouse

3. A pair of Pants or Skirt

Taking a Shower

1. Undress all clothes and remove accessories

2. Wet your entire body from head to toe.

3. Check the water temperature

4. Lather shampoo to hair and rinse. Apply Conditioner on hair and comb through.

Using the Toilet

1. Use the toilet

2. Wipe toilet paper in toilet

3. Wipe thorough

4. Flush

Brushing Teeth

1. Wet the toothbrush

2. Add toothpaste

3. Brush all your teeth, top and bottom

4. Spit out toothpaste

5. Rinse your mouth with water

