

Caregiving Tools & Daily Support Checklist

Daily Routine

- 1 Maintain consistent wake-up and bedtime
- 2 Keep meal times consistent
- 3 Provide gentle reminders throughout the day

Communication

- 1 Use short, simple sentences
- 2 Give one instruction at a time
- 3 Maintain a calm tone

Environment

- 1 Reduce noise and distractions
- 2 Keep spaces clean and familiar
- 3 Ensure good lighting

Daily Care Support

- 1 Offer finger foods if needed
- 2 Break tasks into simple steps
- 3 Allow extra time

Emotional Support

- 1 Offer reassurance frequently
- 2 Validate feelings
- 3 Redirect gently when needed

Caregiver Support

- 1 Take breaks when possible
- 2 Ask for help
- 3 Use available resources