

# Daily Care Planner and Dementia Resource Guide

**SOUTH HILL VILLAGE | SPOKANE, WA**

A predictable day brings comfort to someone living with dementia, and a trusted list of local help can help caregivers stay organized. Use this planner to build a steady daily rhythm everyone can follow.



## How to Use This Planner

Fill in the routine that fits your loved one's needs, then post it where every caregiver can see it. Keep meals, medications, rest, and activities at about the same time each day. When siblings, in-home helpers, and visitors follow the same plan, your loved one can get through their day with fewer surprises. Feel free to review and adjust as needs change.

## Part 1: Daily Routine Planner

### MORNING (wake to late morning)

Time: \_\_\_\_\_

Task or activity: \_\_\_\_\_

Time: \_\_\_\_\_

Task or activity: \_\_\_\_\_

Time: \_\_\_\_\_

Task or activity: \_\_\_\_\_

Notes: \_\_\_\_\_

### MIDDAY (lunch and early afternoon)

Time: \_\_\_\_\_

Task or activity: \_\_\_\_\_

Time: \_\_\_\_\_

Task or activity: \_\_\_\_\_

Time: \_\_\_\_\_

Task or activity: \_\_\_\_\_

Notes: \_\_\_\_\_

**AFTERNOON**

Time: \_\_\_\_\_

Task or activity: \_\_\_\_\_

Time: \_\_\_\_\_

Task or activity: \_\_\_\_\_

Time: \_\_\_\_\_

Task or activity: \_\_\_\_\_

Notes: \_\_\_\_\_

**EVENING (dinner and wind-down)**

Time: \_\_\_\_\_

Task or activity: \_\_\_\_\_

Time: \_\_\_\_\_

Task or activity: \_\_\_\_\_

Time: \_\_\_\_\_

Task or activity: \_\_\_\_\_

Notes: \_\_\_\_\_

**NIGHT (bedtime and overnight)**

Time: \_\_\_\_\_

Task or activity: \_\_\_\_\_

Time: \_\_\_\_\_

Task or activity: \_\_\_\_\_

Time: \_\_\_\_\_

Task or activity: \_\_\_\_\_

Notes: \_\_\_\_\_

## Part 2: Medication Schedule

Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ Time(s): \_\_\_\_\_

Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ Time(s): \_\_\_\_\_

Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ Time(s): \_\_\_\_\_

Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ Time(s): \_\_\_\_\_

Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ Time(s): \_\_\_\_\_

Pharmacy: \_\_\_\_\_ Phone: \_\_\_\_\_

Prescribing doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

## Part 3: What Helps and What to Watch For

Every person with dementia is different. Keep track of what brings calm and what causes issues, so each caregiver can respond the same way.

### Activities or People That Bring Comfort

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### Favorite Music, Foods, and Interests

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### Situations That Tend to Cause Agitation

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### What Tends to Help

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## Part 4: Key Contacts

Primary caregiver: \_\_\_\_\_ Phone: \_\_\_\_\_

Backup caregiver: \_\_\_\_\_ Phone: \_\_\_\_\_

Primary doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Neurologist or  
memory specialist: \_\_\_\_\_ Phone: \_\_\_\_\_

Preferred hospital: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

### NOTES:

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## Part 5: Spokane Dementia Caregiver Resources

These trusted organizations serve families across South Spokane and eastern Washington to help with caregiving and other aspects of memory care:

### **ALZHEIMER'S ASSOCIATION, WASHINGTON STATE CHAPTER**

24/7 Helpline: (800) 272-3900 | [alz.org/alzwa](https://alz.org/alzwa)

Offers a free 24/7 helpline, caregiver support groups, education programs, care navigation, and early-stage memory loss support. Use the Community Resource Finder on its website to locate services near the South Hill.

### **AGING & LONG TERM CARE OF EASTERN WASHINGTON**

(509) 458-2509 (Office) | (509) 960-7281 (Helpline) |  
1313 N. Atlantic St., Ste. 3000, Spokane, WA 99201 | [altcew.org](https://altcew.org)

Offers a Family Caregiver Support Program with respite care, counseling, and support groups. Their Powerful Tools for Caregivers program runs six weekly sessions to help families build skills and manage caregiver stress. They also connect families with transportation, meals, home modifications, and dementia education.

### **SOUTH HILL VILLAGE MEMORY CARE**

(509) 443-8500 | [pegasusseniorliving.com/south-hill-village](https://pegasusseniorliving.com/south-hill-village)

Our Connections memory care program uses evidence-based, therapeutic approaches built on neuroplasticity to help each resident Connect, Move, and Learn. Families are welcome to reach out with questions or ask about memory care education close to home.

*This resource should not replace medical advice. Talk with your doctor regarding any issues you may experience, especially if you suspect memory loss, dementia, or Alzheimer's.*