

Daily Schedule

6:00 am – 8:00 am	Play soft music on YouTube to slowly wake up late rising Residents. If needed, assist Residents with showers or sponge baths, picking out clean clothing, and getting dressed. (3rd shift baths and dresses half or all residents and make-up their beds before leaving. Shift change at 7am.) Residents may watch TV or listen to soft music in the family room while they are waiting for breakfast and make-up beds. When the Resident is awake, turn on all lights and open blinds in every room of the house. Start preparing breakfast.
8:00 am – 9:30 am	Breakfast is being prepared and served in the dining room, and Residents hands are cleaned. Some medications are taken during this time. Caregiver is nearby talking to Residents and encouraging eating. Clean kitchen and dining room and sweep floors.
9:30 am – 10:00 am	If needed, finish tidying bedroom, kitchen, and dining room. Tidy bathrooms.
9:30 am – 12:00 pm	Possible in-house appointments: PT, OT, ST, SW, Nurse, hospice, etc. Dialysis prep and pick up.
10:00 am – 11:00 am	Morning Activity for 30 minutes (Go outside or YouTube video: Exercise - CoHomes 01, Cognitive - CoHomes 02, and Music - CoHomes 03) / Snack (Nutritional Shake, Chocolate Almond Milk, or fruit)
11:00 am – 12:00 pm	Preferred Visitation Time (and be flexible to accommodate guests to visit between <u>10:30 am – 6:00 pm</u>). If needed, finish tidying bedroom, kitchen, dining room, and bathrooms. Start preparing lunch.
12:00 pm – 1:30 pm	Lunch is being prepared and served in the dining room, and Residents hands are cleaned. Caregiver is nearby talking to Residents and encouraging eating. Clean kitchen and dining room and sweep floors.
1:30 pm – 2:00 pm	If needed, tidying kitchen, dining room, and bathrooms. Start preparing snacks.
2:00 pm – 2:30 pm	Snack (Choice of sweet treat or fruit) is served in the dining room,
2:30 pm – 3:00 pm	If needed, tidying kitchen, dining room, and bathrooms. (Shift change at 3 pm on weekdays)
2:30 pm – 4:30 pm	Preferred Visitation Time (and be flexible to accommodate guests who visit until <u>6:00 pm</u>).
3:00 pm – 4:30 pm	Afternoon Activity for 30 minutes (Go outside or YouTube video: Exercise - CoHomes 01, Cognitive - CoHomes 02, and Music - CoHomes 03). Start preparing dinner.
4:30 pm – 5:30 pm	Dinner is being prepared and served in the dining room, and Residents hands are cleaned. Caregiver is nearby talking to Residents and encouraging eating. Clean kitchen and dining room and sweep floors.
5:30 pm – 6:30 pm	Residents may watch a movie. Turn down beds and lay out pajamas, if allowed by Residents. Vacuum/Sweep/Mop all bedrooms (use dry mop to quickly dry wet floors).

11:00 pm – 6:00 am	If a Resident is awake, tend to their needs, offer them to quietly watch TV in their private bedroom (or quietly in the family room if they share a room), and turn off TV when they fall asleep.
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Wash each Residents' laundry once a week (and more frequently heavily soiled or smelly). Residents' clothing must be washed separately, do not mix with other Residents' clothing.

Removing bedding weekly (when a Resident wakes up early) to be washed during next 3rd shift.

- Always remind or assist Residents with hand washing before meals and snacks.
- Personal care services are provided throughout the day according to home care agency's schedule.
- Remember that guests/visitors may make special arrangements to visit their loved ones at any time by calling the house to alert the caregiver of their requested visitation time.
- **Reference our YouTube channels for activities: CoHomes01, CoHomes02, and CoHomes03, and helpful senior information is on CoHomes04.**

Comments and Suggestions: _____

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