

MASTER SCHEDULE

Sample Weekday Activity Schedule – tailor this for your family member’s specific needs

8:00 a.m. – 9:00 a.m. Breakfast, Take Medications

9:00 a.m. – 10:00 a.m. Dressing, Toileting, Grooming

10:00 a.m. – Noon Physical Therapy Activities & Rest

Noon – 1:00 p.m. Lunch, Bathroom, Rest

1:00 p.m. – 4:00 p.m. Communication Therapy/Occupational
Therapy/Therapeutic Recreation* & Rest

5:00 p.m. – 6:30 p.m. Dinner, Take Medications

Evening Leisure Activities

9:00 p.m. Bed Time Activities

*Rotate activities as recommended by therapists