THE Courtyard at WYOMING
ASSISTED LIVING & MEMORY CARE

MEMORY CARE PLANNER FOR DEMENTIA CAREGIVERS

Caring for a loved one with dementia is never easy, but this planner and checklist can help family caregivers in Wyoming, MI, make their day-to-day care easier and find extra help when they need it.



TheCourtyardAtWyoming.com

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Part 1: Daily Routine Planner

Predictable days lower anxiety for a person living with dementia.
Fill in the times that fit your household, and keep the schedule where everyone can see it.

Daily Schedule

Map each part of the day in the grid. Plan demanding tasks, such as appointments or bathing, for the hours when your loved one tends to feel most alert.

Time	Activity	Notes

Examples could include:

- Morning (wake, dressing, breakfast, medications)
- Midday (lunch, activity, rest)
- Afternoon (walk, visit, snack)
- Evening (dinner, wind-down, medications)
- Night (bedtime routine, overnight notes)

In the "Notes" section, write helpful reminders for yourself or another family member, including things that trigger and calm your loved one. These routine reminders can also help you stay focused on details that can help those living with Alzheimer's or other forms of dementia manage their day:

- Keep meals, rest, and bathing at about the same times each day
- Offer one step or one choice at a time
- Place familiar items where they are easy to find
- Build in short breaks for yourself, even 10 minutes

Part 2: Memory Care Checklist

Dementia is a progressive condition, and the amount of care a loved one needs grows over time. Despite this, many family caregivers struggle to decide when memory care is the right step. This checklist can help lend an impartial view of the situation.

Readiness Checklist

- ☐ Your loved one now needs supervision around the clock
- ☐ Wandering or attempts to leave home have increased
- ☐ Falls or close calls are happening more often
- ☐ Your loved one is losing weight or skipping meals
- ☐ Medications are missed, doubled, or refused
- ☐ Agitation, aggression, or fear is harder to redirect
- ☐ Bathing, dressing, or other personal care is regularly resisted
- ☐ Your loved one is awake and active through the night
- ☐ Incontinence has become frequent or constant
- ☐ You feel exhausted, isolated, or physically unwell
- ☐ You worry about leaving your loved one alone, even briefly
- ☐ Your own job, health, or household is slipping under the care load

The more boxes you check, the more it may be worth talking with your loved one's doctor and touring a memory care community. Even a few check marks can be a signal to line up extra support now.

However, this list is a guide, not a diagnosis. Your loved one's doctor and a local memory care team can help you weigh the potential timing of memory care for your family.

Next Steps and Support

Questions to Bring to the Doctor

- What stage of dementia is this, and what changes should I expect next?
- Could any current symptoms be treatable or caused by medication?
- What level of care does my loved one need right now?
- Which signs would tell us that care at home is no longer enough?
- What memory care options are available in the Wyoming, MI, area?
- Can you point me to a local support group?

Local Support In and Around Wyoming, MI

- Area Agency on Aging of Western Michigan provides caregiver counseling, respite funding, and in-home services for Kent County families
- Alzheimer's Association Greater Michigan Chapter offers support groups and a 24/7 helpline at (800) 272-3900
- Local memory cafes, faith communities, and adult day programs can provide regular breaks and friendship for caregivers and their loved ones
- The Courtyard at Wyoming will offer assisted living, memory care, and respite services for Michigan families

To learn more about care options or join the waitlist, call **(616) 655-8592** or visit **TheCourtyardAtWyoming**.com.

This tool 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.