

DAY SHIFT (7am - 7pm)

Caregiver Team

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Renato	X	X	X	X	X	X	
Relief: Bayada	X 8:45 am - 11:45 am		X 9:00 am- Noon	X 9:00 am - Noon			
Relief: Jozi Team							X

Routine

TIME	ACTIVITY
7 AM	Wake Up Routine <ul style="list-style-type: none"> • Open all the louvers and curtains throughout the house. Also open the front door and 2 back doors but ensure the screen doors are locked. • Wake up Joe by 7:45 AM • Assist Joe to go to bathroom to pee • Have Joe sit in the living room to watch TV: TFC or Roy Orbison
8 AM	Breakfast and Medications <ul style="list-style-type: none"> • Eat Breakfast <ul style="list-style-type: none"> ○ Eggs ○ Fruit medley: Half a papaya + banana, berries, apples (without skin), dragonfruit etc ○ Coffee (teaspoon of folgers, hot water and a splash of milk) ○ Water (half cold/half hot from filter) ○ IMPORTANT NOTE: Water is good but do not give TOO much water per the instruction of his doctor • Morning Medication (with breakfast) - 3 PILLS from pill box + crushed powder <ul style="list-style-type: none"> ○ Hydrazaline (for blood pressure)

	<ul style="list-style-type: none"> ○ Pregabalin (for neuropathy) ○ Spironolactone (for blood pressure) ○ Crushed Sodium - pour over a spoonful of yogurt ○ Take blood pressure and pulse and log ● IMPORTANT NOTE: Needs to be sitting upright for at least 30 minutes after meal
<p>9 AM</p>	<p>Morning Hygiene</p> <ul style="list-style-type: none"> ● Brush dentures. Take out teeth and clean ● Shower in large bathroom <ul style="list-style-type: none"> ○ IMPORTANT NOTE: <ul style="list-style-type: none"> ■ FULL BODY Shower: on Monday, Wednesday, Friday, Sunday ■ PARTIAL BODY Shower (waist and below only): Tuesday, Thursday, Saturday ● Moisturize body ● Shave if necessary
<p>10 AM</p>	<p>Mental Exercises</p> <ul style="list-style-type: none"> ● Crossword puzzles (he loves these) ● Puzzles with pegs ● Magnet tiles ● Signing name ● Mental quizzes <ul style="list-style-type: none"> ○ Count to 10 - Count from 10 backwards ○ Name an object of the entire alphabet - starting with letter A ○ Anything to make him speak
<p>11 AM</p>	<p>Rest Before Lunch</p> <ul style="list-style-type: none"> ● Crossword puzzles (he loves these) ● Have Joe sit in the living room to watch TV or listen to music before Lunch
<p>NOON</p>	<p>Lunch and Medications</p> <ul style="list-style-type: none"> ● Eat Lunch <ul style="list-style-type: none"> ○ Rice and ulam ○ Fruit medley: Half a papaya + banana, berries, apples (without skin), dragonfruit etc ○ Water (half cold/half hot from filter) ○ IMPORTANT NOTE: Water is good but do not give TOO much water per the instruction of his doctor ● Mid-day Medication (with lunch) - 4 pills from pillbox <ul style="list-style-type: none"> ○ Hydrazaline (for blood pressure) ○ Pregabalin (for neuropathy) ○ Linospriril (for blood pressure) ○ Finasteride (for prostate)

	<ul style="list-style-type: none"> ○ Crushed Sodium - pour over a spoonful of yogurt ○ Take blood pressure and pulse and log ● IMPORTANT NOTE: Needs to be sitting upright for at least 30 minutes after meals
1 PM	<p>Rest After Lunch</p> <ul style="list-style-type: none"> ● Have Joe sit in the living room to watch TV or listen to music. TFC or Roy Orbison
2 PM - 4 PM	<p>Physical and Mental Exercise and Snack</p> <ul style="list-style-type: none"> ● Physical Exercises <ul style="list-style-type: none"> ○ Seated exercise - look at exercise wall for directions ○ Exercise Band ○ Walk around the house (1-2 laps) with walker ○ Etc ● Snack <ul style="list-style-type: none"> ○ Fruit or roll ● Mental Exercises <ul style="list-style-type: none"> ○ Crossword puzzles (he loves these) ○ Puzzles with pegs ○ Magnet tiles ○ Signing name ○ Mental quizzes <ul style="list-style-type: none"> ■ Count to 10 - Count from 10 backwards ■ Name an object of the entire alphabet - starting with letter A ■ Anything to make him speak
5 PM	<p>Rest Before Dinner</p> <ul style="list-style-type: none"> ● Have Joe sit in the living room to watch TV or listen to music. TFC or Roy Orbison
6 PM	<p>Dinner and Medications</p> <ul style="list-style-type: none"> ● Eat Dinner <ul style="list-style-type: none"> ○ Rice and ulam ○ Fruit medley: Half a papaya + banana, berries, apples (without skin), dragonfruit etc ○ Water (half cold/half hot from filter) ○ IMPORTANT NOTE: Water is good but do not give TOO much water per the instruction of his doctor ● Nighttime Medication (with dinner) - 3 pills from pillbox <ul style="list-style-type: none"> ○ Hydrazaline (for blood pressure) ○ Pregabalin (for neuropathy) ○ Tamsulosin (for prostate) ○ Take blood pressure and pulse and log

	<ul style="list-style-type: none">● IMPORTANT NOTE: Needs to be sitting upright for at least 30 minutes after meals
7 PM	Rest After Dinner <ul style="list-style-type: none">● Have Joe sit in the living room to watch TV before or listen to music. TFC or Roy Orbison

FOR QUESTIONS and EMERGENCY CONTACT:

- Dodi Monzon (son): 808-221-7411
- Grace Myers (daughter): 808-779-0644
- Mike Monzon (son in SF): 415-866-7978

NIGHT SHIFT (7pm - 7am)

Caregiver Team

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Renato	X	X	X	X	X	X	
Relief: Cheyong							X

Routine

TIME	ACTIVITY
7 PM	<p>Physical and Mental Exercises</p> <ul style="list-style-type: none"> ● 1 lap around the inside of the house ● Mental Exercises <ul style="list-style-type: none"> ○ Crossword puzzles (he loves these) ○ Puzzles with pegs ○ Magnet tiles ○ Signing name ○ Mental quizzes <ul style="list-style-type: none"> ■ Count to 10 - Count from 10 backwards ■ Name an object of the entire alphabet - starting with letter A ■ Anything to make him speak
8 PM -	<p>Bedtime Routine and EYEDROPS - *any time between 8PM - 9PM</p> <ul style="list-style-type: none"> ● Assist Joe to go to bathroom to pee ● Brush dentures ● Assist Joe to his bedroom and bed ● Put eyedrops - put one drop of Latanoprost in each eye

	<ul style="list-style-type: none"> • Ensure all screens and the front door and 2 back doors are locked.
<p>9 PM - 7 AM</p>	<p>Sleep and Fall Prevention</p> <ul style="list-style-type: none"> • While Joe is sleeping, always have the baby monitor on you with volume turned up • When you hear the bells ringing, this means Joe is trying to get up to go pee. He will need to pee anywhere from 3 times to 8 times during the night • When you hear the bell, you will immediately need to assist Joe to going to the bathroom • Promptly go to his bedroom and help him to safely walk to the bathroom so he does not fall. This means directing him and holding him up • After peeing, you will need to help him pull up his diaper and pants • Help him wash his hands and rinse his mouth • Support him and safely walk him back to his bedroom • Help him back into bed and put covers over him

FOR QUESTIONS and EMERGENCY CONTACT:

- Dodi Monzon (son): 808-221-7411
- Grace Myers (daughter): 808-779-0644
- Mike Monzon (son in SF): 415-866-7978