



# Setting Up Routines Overview

Following a brain injury, you or your loved one may feel a loss of control over events that happen in your day. When things are unfamiliar or unexpected people tend to become more stressed. This can lead to anxiety and even depression. One way to gain more control is to create daily routines. Routines are helpful for:

- increasing ability to remember, problem solve, and plan ahead
- increasing a sense of control over your day
- decreasing unwanted behaviors
- identifying activities that make you feel productive
- identifying activities that give you enjoyment

In the hospital, your schedule was likely given to you. You were told where to be and when and what you were going to do.

At home, creating daily routines will take a little work and thought. Now, you will be in charge of what your day looks like. Taking the time either once a week or the night before to write out schedules will help everyone know what to expect from the day. When we know what the plan for day is, we feel less stressed and more able to actively participate in the events.

See below to learn about the many ways that having a routine can aid in your daily success.

[LINK 1: [HOW CAN HAVING A ROUTINE HELP ME](#)]

## **HOW DOES LEVEL OF ASSISTANCE OR SUPERVISION HELP ME DEVELOP A DAILY ROUTINE**

### **Level of Assistance or Supervision**

When creating daily schedules, it is important to know what you have to get done in a day. It is also important to know how those tasks will get done and if we need another person's assistance or supervision. Different types of tasks require different levels of assistance and supervision. Planning ahead for how much supervision or assistance you will need is beneficial. There are four things to consider when planning for supervision:

#### **1. The type of activity.**

Click here for a worksheet that will help you categorize activities in your life. Doing this worksheet may only need to happen once. Or, as time passes, the types of activities you want to be doing may change and you would want to re-define what type of assistance or supervision you need.

[LINK 2: [TYPE OF ACTIVITY worksheet](#)]



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## 2. **Level of assistance or supervision is needed.**

How you develop your daily and overnight routine will depend on how much supervision you or your loved one may need. Click here for a worksheet to learn more about different levels of assistance or supervision.

[LINK 3: [WHAT DO DIFFERENT LEVELS OF SUPERVISION LOOK LIKE](#)]

## 3. **Who can provide assistance and supervision.**

Different caregivers will be able /comfortable with assisting in different tasks. Identify who can assist with what task(s).

[LINK 4: [WHO CAN PROVIDE ASSISTANCE OR SUPERVISION](#)]

## 4. **The final step is to create a schedule of times, tasks, and who can help.**

Consistency and repetition is the key to creating a routine following a brain injury. Unplanned tasks are bound to occur, so add extra time into your schedule for these (eg. Restroom Breaks).

[LINK 5: [DAILY SCHEDULE TEMPLATE](#)]