

# FLEXIBLE AND FAMILIAR ROUTINES



*“Dementia is different for each person. Some changes are slow and some happen quickly. My grandfather can behave out of character, or become confused. He isn't being difficult on purpose. We make time everyday to do an activity together that he enjoys.”*

A familiar and flexible routine can help the days flow better. Change the routine as often as you need, especially during challenging times. Focus on completing a couple of tasks every day with your loved one, including an activity you both enjoy. Carer support groups, in-home and respite care services, and information about advance care plan options are available to help.

## Talk to your doctor and contact:

Translating and Interpreting Service (TIS)

(24 hours, every day of the year)

Immediate Phone Interpreting **131 450**

[www.tisnational.gov.au](http://www.tisnational.gov.au)

My Aged Care **1800 200 422**, [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

Dementia Australia, National Dementia Helpline **1800 100 500**

[www.dementia.org.au](http://www.dementia.org.au)

Carer Gateway **1800 422 737**, [www.carergateway.gov.au](http://www.carergateway.gov.au)

Advance Care Planning Australia **1300 208 582**

[www.advancecareplanning.org.au](http://www.advancecareplanning.org.au)

