



# For someone who can walk independently



## Weekend routine

### Daytime

- Sleep-in until 10 am.
- Weekly grocery shopping (1 hour walking)
- Wander round house and yard while mum does household chores. She can choose her activities (e.g., visit chooks, pet cats, collect mail, use watering can or hose)
- Time for rest for next week's activities



### Care activities

- Needs a guiding hand to sit down on toilet, but able to stand up by self afterwards
- Washes hands whilst standing
- Stands in shower



### Evening

- Stay up later with family members, especially enjoy time with young nieces and nephews

