

## **DAILY SCHEDULE**

|                      |                                |
|----------------------|--------------------------------|
| <b>07.00 – 08.30</b> | Wake-up, morning hygiene       |
| <b>08.30 – 10.00</b> | Breakfast                      |
| <b>10.00 – 10.15</b> | Medication administration      |
| <b>10.00 – 13.00</b> | Free time, walks               |
| <b>13.00 – 14.00</b> | Lunch                          |
| <b>14.00 – 15.00</b> | Quiet hour                     |
| <b>15.00 – 17.00</b> | Free time, walks               |
| <b>17.00 – 18.00</b> | Dinner                         |
| <b>18.00 – 18.15</b> | Medication administration      |
| <b>18.00 – 20.00</b> | Free time, cultural activities |
| <b>20.00 – 21.00</b> | Evening tea, night snack       |
| <b>21.00 – 22.00</b> | Evening hygiene                |
| <b>22.00 – 07.00</b> | Night rest                     |