

THANKSGIVING 2018

Sample rest/activity planner

7:00 AM	Wake, shower, meds, breakfast
8:00 AM	Help in kitchen
9:00 AM	Rest
10:00 AM	Time on computer, reading, watch parade.
11:00 AM	Rest
12:00 PM	Family arrives, welcoming everyone, setting out appetizers
1:00 PM	Appetizers, chat with family (Have Aunt Liz keep an eye on the food that's left cooking)
2:00 PM	Rest in our bedroom (put temporary coat rack in hallway so that no one will disturb)
3:00 PM	Eat Thanksgiving dinner
4:00 PM	Watch Football
5:00 PM	Rest outside on porch while others watch holiday movie
6:00 PM	Watch holiday movie
7:00 PM	Everyone leaves, rest
8:00 PM	Rest
9:00 PM	Get ready for bed
10:00 PM	Bedtime

Use this planner to map out your loved one's 'active' processing time. Remember, active processing, like the kind you'd have to do to watch a movie in a foreign language, can be exhausting. And exhaustion leads to irritability, poor decision making, and emotional lability.

You know your loved one best, but a good rule of thumb is 2-3 hours of active time should be followed by at least 1 hour of time set aside for rest, quiet, or 'inactive' time (minimal talking, listening, or reading).

Your loved one may not agree that they need a break if you ask 'do you want to go somewhere quiet to rest'. Your better bet may be to say that you need some respite and invite your loved one to join you. You may also need to engage the help of another friend or family member to cover your usual responsibilities (or to be the 'rest time buddy').

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