



## My Daily Routine At the Traditional Nursing Home

- ◆ A nursing assistant wakes me up at 6:30 am when she comes to work.
- ◆ Depending on who my nursing assistant is today, I may or may not get to go to the bathroom when I wake up before being taken to the dining room to wait for breakfast.
- ◆ For breakfast, I am served decaffeinated coffee and a tray of whatever is on the menu for the day. If I am able to ask for it, I can get hot or cold cereal.
- ◆ At 10 a.m. I am wheeled into the TV room to watch the movie of the day selected by the Activity Director.
- ◆ Before I moved into the nursing home, I liked to bake but the kitchen is off limits to me.
- ◆ I am scheduled to take a shower every third day in the morning based on my bed assignment.
- ◆ Once dinner is over (6:30 p.m.), I am wheeled to my room to go to bed.