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| ACTIVITY | Morning 7am–12pm | Afternoon 12pm–6pm | Evening 6pm–11pm | Night 11pm–7am |
| Cooking |  |  |  |  |
| Eating |  |  |  |  |
| Managing therapy |  |  |  |  |
| Medication |  |  |  |  |
| Washing/bathing |  |  |  |  |
| Going to the toilet |  |  |  |  |
| Dressing/Undressing |  |  |  |  |
| Communicating |  |  |  |  |
| Reading |  |  |  |  |
| Meeting people |  |  |  |  |
| Budgeting |  |  |  |  |
| Planning journeys |  |  |  |  |
| Walking |  |  |  |  |