

Having Privacy, Dignity and Respect

SKILL: Routines and Rituals

HOW TO
DO IT

What it does

A reminder that routines and rituals help others understand what matters to a person and what helps them to have good days. It looks at a variety of situations around which we often have personal routines and rituals.

How it helps

Understanding someone's routines and rituals is essential to providing quality person-centered support. Learning about the cultural traditions and rituals of someone you support is key to providing culturally appropriate supports.

How to use it

You can learn about these routines and rituals through conversation and observation of the individual you are supporting, as well as through conversations with those that know the individual well (consult your Relationship Map). Think about others who support you as well as the people you support. How important would it be to know the following?

Morning

Wake up to what (alarm, clock radio, multiple reminders, allow snooze alarm)? How much time is needed to get out the door? What is the morning hygiene routine? Are there any special products used? Pick out clothes the night before? Morning of? What are favorite breakfast foods? Is caffeine delivery required? If so, what type?

Bedtime

Do you need to check the door and windows before you go to bed?

Mealtimes

Do you eat dinner at the same time every Sunday? Do you have a particular way to set the table?

Transition

Do you have to organize your day before it starts?

Birthday

Should it be a "national holiday?" Do you hope that no one notices?

Cultural/Holiday Traditions

What is your favorite holiday? What food has to be on the table for it to be that holiday?

Not feeling well

How do you cope with not feeling well? Are you like a cave bear hiding when you are ill? Do you say leave me alone, or throw food in once in a while? Do you want to be taken care of, or want to be babied?

Spiritual

Are religious services, prayer, or meditation important?

Vacation

Are there things that need to be present in order for it to be a real vacation? When does it start—talking and planning in advance, or not until it actually begins?

Comfort

What helps you feel better when you are having a bad day? Would you find... exercise... shopping... chocolate... a drink... or something else comforting? Would you find cleaning comforting, or would you find it punishment?

Celebration

What do you enjoy or need to have happen to feel that you have celebrated?

Grief/Loss

What are the myriad rituals for coping with grief and loss? Methodist upbringing—service in the church sanctuary, luncheon in the church basement? Someone who is Catholic—sitting up late tell stories and have an adult beverage (or many)? Might it be Jewish—sitting Shiva for 7 days? Or other rituals like—cover the mirrors... stop the clock... bring comfort food when they visit... parade of callers... 24 hour candle light at anniversary of someone's death.

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