Your Care

Thoughtful care, from our family to yours.

Your Evening Visit Planner

Find the Right Time for Your Family

A simple worksheet to help you discover what an earlier visit could look like



About This Planner

This worksheet helps you think through what an earlier evening visit might look like for your family.
There are no right or wrong answers, just honest reflection.

Section 1. Understanding Your Current Routine

What time does your loved one usually start to get tired in the evening?

- ☐ 6pm or earlier
- ☐ 7pm
- ☐ 8pm
- ☐ 9pm
- ☐ 10pm or later
- ☐ Not sure – it varies

What time do they currently go to bed?

How long does personal care (washing, changing etc.) currently take?

- ☐ 15–30 minutes
- ☐ 30–45 minutes
- ☐ 45 minutes to an hour
- ☐ Over an hour
- ☐ It varies – sometimes a battle

How do you feel by the time they're in bed?

- ☐ Tired but ok
- ☐ Exhausted
- ☐ Frustrated
- ☐ Relieved it's over
- ☐ All of the above

Section 2. What Would Help You?

What would make your evenings easier?

- ☐ Having help with personal care
- ☐ Having time to yourself
- ☐ Reducing stress or battles at bedtime
- ☐ Getting to bed earlier yourself
- ☐ Seeing your loved one sleep better
- ☐ All of the above

If you could change one thing about your evening routine, what would it be?

What time would you ideally like to have your evening back to yourself?

- ☐ 6pm
- ☐ 7pm
- ☐ 8pm
- ☐ 9pm
- ☐ Doesn't matter – just earlier than now

Section 3. What Matters to Your Loved One?

Is there a routine or habit that's really important to them? (e.g., watching the news, a particular TV show, going to bed at a certain time)

Could that routine happen earlier, or in a different way? (e.g., watching the news in the bedroom, or on catch-up)

What would make them feel safe and comfortable during a change?

- ☐ Reassurance from you
- ☐ Keeping part of the old routine
- ☐ Gradual introduction
- ☐ A familiar carer
- ☐ Something else: _____

Section 4. What an Earlier Visit Could Look Like

Based on what you've written above, what time might work best for an earlier visit?

- ☐ 5pm
- ☐ 6pm
- ☐ 7pm
- ☐ 8pm

What would you want to include in that visit?

- ☐ Help with washing/showering
- ☐ Help with changing clothes
- ☐ Help with medication
- ☐ A meal or snack
- ☐ Getting settled comfortably
- ☐ All of the above

After the visit, what would you like to happen?

- ☐ Your loved one relaxes and watches TV
- ☐ They have quiet time
- ☐ They drift off naturally
- ☐ You have time to yourself
- ☐ All of the above

Section 5. Your Next Step

How confident do you feel about trying an earlier visit?

- ☐ Very confident
- ☐ Fairly confident
- ☐ Not sure
- ☐ Worried about how they'll react

What's one question you'd like to ask before you decide?

You're not alone in this.

Many families feel stuck in evening routines that no longer work. But small changes, like an earlier visit, can transform how your nights feel. We've seen it happen.

If you'd like to explore what an earlier visit could look like for your family and are based in the Bristol, South Glos or BANES area, we're here to help. No pressure, just a conversation.

Give us a call on 0117 9477422 or fill out an enquiry form on our website your-careuk.co.uk and one of the team will be in touch.

We're happy to chat through your answers and help you figure out what might work best.

