

Templates/Forms

Thank you for purchasing The Care Book: A planning & resource guide to support your journey from accidental to intentional caregiving

Please make additional copies these forms as you need them. Some caregivers start a binder and three hole punch the pages and keep them in order by section. You can find dividers at your local office supply store. Other people find it helpful keep them in a file folder. An important consideration is to date each page so you can keep them in order, noting dates when information is updated. This is especially helpful when you want to recall aspects of care and activities.

Daily Schedule At-a-Glance

Last updated: _____

AM

Noon

PM

Evening

Notes

Weekly Schedule At-a-Glance

Last Updated:

Time (AM/PM)	MON	TUES	WED	THURS	FRI	SAT	SUN

Notes

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Daily Routines and Special Instructions
(Add any additional categories)

Last Updated:

Personal Care	Meals
Personal Care Dressing Bathing	Breakfast
Hydration Toileting Activities	Lunch
Evening Undressing/Ready for bed	Supper
Other/Notes:	

Medication Tracker

To document prescription as well as over the counter medications, vitamins, and supplements

Date	Time	Medication	Dose	Result/Comments

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Treatments and Therapies

Treatment	Date Started	Who does it?	How often?	Special Instructions/ Date discontinued

Question Tracker

(for follow ups at medical appointments)

Sometimes concerns arise that are important but not urgent. This is a place to track what concerns you or the questions you have for the next follow up appointment.

Date	Who for?	Question or Concern	History or reason

People who Assist

Last updated: _____.

NAME		NAME	
Why you would contact them:		Why you would contact them:	
Phone	Day	Phone	Day
	Evening		Evening
	Cell		Cell
Best way to contact:		Best way to contact:	
Helps with		Helps with	
Address if necessary		Address if necessary	
NAME		NAME	
Why you would contact them:		Why you would contact them:	
Phone	Day	Phone	Day
	Evening		Evening
	Cell		Cell
Best way to contact:		Best way to contact:	
Helps with		Helps with	
Address if necessary		Address if necessary	

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