Caregiver daily log

One week. A few words a day is enough.

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NAME _____ WEEK OF _____ WHO HELPED THIS WEEK _____

DAY	SLEEP	MEALS AND DRINKS	MEDICINES GIVEN	MOOD	BATHROOM	NOTES
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Leave it where every helper can see it. Bring it to the next doctor visit.

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Notes for the doctor

What changed, when, and for how long. Doctors ask these questions.

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Changes and symptoms

DATE	WHAT HAPPENED	TIME OF DAY	HOW LONG	BETTER OR WORSE?	WHAT HELPED

Questions for the next visit

QUESTION	WHAT THE DOCTOR SAID

Call the doctor if something new or worrying shows up. In an emergency, call 911.

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