

Your Daily Care Diary

Use this diary to help you keep record of information about the person you care for in the home. Use a new sheet each day or just list the date and time whenever you make a new entry. Take this with you if you go with the person to their doctor.

Observations (Write down any observations you make during care activities)

Date: Time:

Problems? (For example, fever, pain, change in bowel habits, change in sleep).

Type of problem:

Location:

When did it start?

How severe is it (scale of 0 to 10):

What makes the problem worse:

Does anything relieve the problem? If so, what?