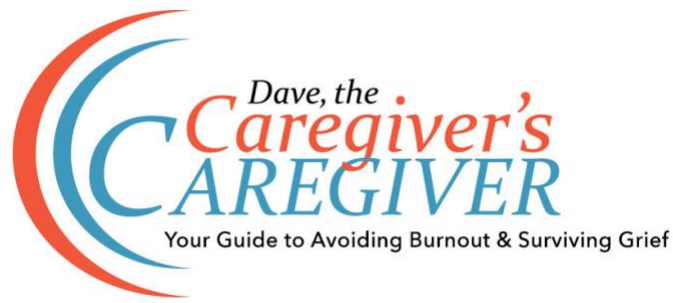


THE  
CAREGIVER  
SCHEDULE



# Care Schedule

Fill out your loved one's schedule. Go over the rules with your caregiver and discuss questions. Not only will this help you, but when you need to leave your loved one to do errands or take that much-needed break, you can simply give this form to your alternate caregiver.

Help your adult or senior caregiver plan typical days of activities, meals and medical needs.

(continued on page 2)

# Daily Schedule for Adult & Senior Caregivers

Date: \_\_\_\_\_

**A.M.**

**P.M.**

12:00 (midnight) \_\_\_\_\_

12:00 (noon) \_\_\_\_\_

1:00 \_\_\_\_\_

1:00 \_\_\_\_\_

2:00 \_\_\_\_\_

2:00 \_\_\_\_\_

3:00 \_\_\_\_\_

3:00 \_\_\_\_\_

4:00 \_\_\_\_\_

4:00 \_\_\_\_\_

5:00 \_\_\_\_\_

5:00 \_\_\_\_\_

6:00 \_\_\_\_\_

6:00 \_\_\_\_\_

7:00 \_\_\_\_\_

7:00 \_\_\_\_\_

8:00 \_\_\_\_\_

8:00 \_\_\_\_\_

9:00 \_\_\_\_\_

9:00 \_\_\_\_\_

10:00 \_\_\_\_\_

10:00 \_\_\_\_\_

11:00 \_\_\_\_\_

11:00 \_\_\_\_\_

When an adult or senior caregiver comes to your loved one's home, there are lots of new routines and instructions to follow.

Help your caregiver learn the schedule by giving her this detailed list. Include things like when your loved one wakes up, any preferred resting, nap or meal times or even favorite television shows to help keep everything moving smoothly.

Use the Medication Prompting section to describe everything your caregiver needs to know about the person's medication needs. Keep in mind that most caregivers will only be able to prompt loved one to take medications and not actually administer them. If you actually hire a professional caregiver, then use this form as a contract with them. Include this schedule in your adult and senior care contract.

*Still looking for help? Hire a senior caregiver through Care.com.*

## Medication Prompting

**Medication:** \_\_\_\_\_

Dose: \_\_\_\_\_

Scheduled times to take: \_\_\_\_\_

Prescribing doctor: \_\_\_\_\_

Additional notes about medication (take with food, etc.):

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**Medication:** \_\_\_\_\_

Dose: \_\_\_\_\_

Scheduled times to take: \_\_\_\_\_

Prescribing doctor: \_\_\_\_\_

Additional notes about medication (take with food, etc.):

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**Medication:** \_\_\_\_\_

Dose: \_\_\_\_\_

Scheduled times to take: \_\_\_\_\_

Prescribing doctor: \_\_\_\_\_

Additional notes about medication (take with food, etc.):

\_\_\_\_\_  
\_\_\_\_\_

**Medication:** \_\_\_\_\_

Dose: \_\_\_\_\_

Scheduled times to take: \_\_\_\_\_

Prescribing doctor: \_\_\_\_\_

Additional notes about medication (take with food, etc.):

\_\_\_\_\_  
\_\_\_\_\_

**Medication:** \_\_\_\_\_

Dose: \_\_\_\_\_

Scheduled times to take: \_\_\_\_\_

Prescribing doctor: \_\_\_\_\_

Additional notes about medication (take with food, etc.):

\_\_\_\_\_  
\_\_\_\_\_

[Click here to download a sample caregiver contract and a sample of this schedule.](#)