

Free Caregiver Activity Log

 familycaregiversonline.net/free-caregiver-log-book/

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Reading Time: < 1 minute

Being a family caregiver is a big job with a lot of responsibilities. Often medical professionals will ask how your care recipient has been eating, sleeping, evacuating, ect. since their last visit. It's difficult to remember what happened last week, much less this morning! This is where a simple daily caregiver log book comes in handy.

We recommend printing a month's worth of sheets at a time and put them in a 3-ring binder somewhere handy, like the kitchen counter. Within a few days, you will find logging your loved ones' daily activities is a breeze. Within a month you may start to notice patterns in thier behavior which you can share with relatives and medical professionals. Log books like this can also help you pinpoint when certain behaviors begin or end.

Download this free Caregiver Activity Log

Use the pdf version to print and enter information by hand. Use the Microsoft Word versions to type your information. If using the editable Microsoft Word version, feel free to modify the document to fit your individual needs!

We hope this information is helpful to you in the important work you do as a family caregiver.

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