Care Profile

Page 1 - who you care for, on one page

NAME

BIRTHDAY

LIVES AT

MAIN CONTACT

DAILY ROUTINE (WAKE, MEALS, REST, BED)

WHAT HELPS AND WHAT CALMS

MOBILITY AND SAFETY NOTES

LIKES / DISLIKES (FOOD, MUSIC, TOPICS)

A record-keeping tool for care coordination, not medical advice.

2-Minute Handover

Page 2 - hand this to whoever takes over

TAKING OVER AT

DATE AND TIME

CARE BY

PHONE

WHO IS BEING CARED FOR

WHERE

MEDICINES DUE WHILE YOU ARE HERE

MEALS, DRINKS, APPETITE TODAY

MOOD AND ENERGY TODAY

ANYTHING THAT CHANGED TODAY

IF THIS HAPPENS, DO THIS

Call first: _____ Phone: _____

Daily Care Log

Page 3 - one page per day, print as many as you need

DATE

CARE BY

DAY

TODAY'S CHECKS

- [ ] Woke up and washed
- [ ] Dressed
- [ ] Breakfast
- [ ] Morning medicines
- [ ] Lunch
- [ ] Walk or movement
- [ ] Afternoon rest
- [ ] Dinner
- [ ] Evening medicines
- [ ] Ready for bed

VITALS (ONLY WHAT YOUR CARE TEAM ASKED YOU TO TRACK)

BP	PULSE	TEMP	WEIGHT

MOOD 1 2 3 4 5

APPETITE 1 2 3 4 5

1 = low 5 = good

NOTES FOR THE NEXT PERSON

A record-keeping tool for care coordination, not medical advice.

Weekly Care Schedule

Page 4 - who covers which shift

	MON	TUE	WED	THU	FRI	SAT	SUN
Morning							
Afternoon							
Evening							
Overnight							

ON CALL WHEN THE MAIN PERSON CANNOT

NAME _____ **PHONE** _____

Tip: write initials in each box. Shared calendar apps work too; keep this page on the fridge as the backup.

Want the complete set?

Complete Caregiver Planner

25 pages - coming soon

Planned for the complete kit:

- Weekly care checklist and a monthly appointment grid
- Home safety and supplies checklists
- A weekly check-in for the caregiver
- Family decisions page and an emergency summary

All free printables, anytime:

printly-plans.pages.dev

Your free pages are yours to print as often as you like, for personal use.

A record-keeping tool for care coordination, not medical advice.