

# My Caregiving Routine

List all regular caregiving tasks and appointments & schedule them at different time of the day.

## Sample Routine:

Needs	Tasks			
	Morning	Afternoon	Evening	Special Remarks
My Loved One's personal care	Brush teeth Shower Skin care – Moisturizer cream	Commode to toilet	Commode to toilet Brush teeth Simple leg massage Skin care – Moisturizer cream	
Nursing procedures (if any)	Measure blood sugar level Measure blood pressure		Measure blood sugar level Measure blood pressure	*To measure blood sugar before meal
Medications	<ul style="list-style-type: none"> <li>Amlodipine 5mg x 1 tablet (Hypertension)</li> <li>Metformin 500mg x 1 tablet (Diabetes)</li> <li>Apixaban 5mg x 1 tablet (Stroke)</li> <li>Omega 3 1000mg x 1 tablet (Supplement)</li> </ul>	•	<ul style="list-style-type: none"> <li>Apixaban 5mg x 1 tablet (Stroke)</li> <li>Atorvastatin 40mgx 1 tablet (High cholesterol)</li> </ul>	To request medication delivery in Health Hub every 3 months To ask Sis to pack morning medication and evening medication into individual packs.
Activities to engage my loved one	Light Exercise Colouring Activity Watch TV	Nap Read newspaper	Listen to music	Bring out to the park every Tuesday
Doctor's appointments	Prepare documents Plan transport	Visit doctor	Review doctor's notes Update family on changes	
Household Chores	Tidy room	Laundry	Vacuum	Mop the floor every Monday
My Self-care Activity	Have my favourite breakfast and coffee	Stretching exercise Practise meditation Stroll in the park	Attend caregiver support group (every Friday)	

Date:

Needs	Tasks			
	Morning	Afternoon	Evening	Special Remarks
My Loved One's personal care				
Nursing procedures (if any)				
Medications				
Activities to engage my loved one				
Doctor's appointments				
Household Chores				
My Self-care Activity				

