Carespondence®

Care Notes

Caregiver notes for the day.
What happened, what changed, and what's next.

Caring for _____ **Date** _____

Write what happened and anything different from usual. Add anything to call about or watch to the list below.

Time	Notes and observations	Logged by
1:30 PM	**Example:** *Ate half her lunch and said her stomach felt off. Back to normal by 4:00.*	*CP*

SUPPLIES NEEDED What to buy or reorder

- ☐ **Example:** *Running low on incontinence pads*
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TO FOLLOW UP Calls to make, questions for the doctor, things to watch

- ☐ **Example:** *Blood sugar running high. Ask Dr. Patel if dosage should change.*
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Did you know you can log care on your phone?

The Carespondence app keeps a record of care in one place. Tap to record care as it happens, then share an update with family or the care team.

Scan to try it free for 7 days, or visit carespondence.com/log/notes

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A Note for You

If you're using these pages, you're showing up for someone who counts on you, often with plenty else on your plate. That's no small thing.

Some days your notes will be neat and complete. Other days you'll jot a time on the back of an envelope. Both count. What matters is that you're paying attention, and that care adds up.

Take a breath when you can. Ask for help when you need it. And give yourself the same patience you give the person you care for.

When you're ready for something easier than paper, we're here for that too.

With admiration,
The Carespondence Team

Keep Caring. We'll handle the rest.

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