FAMILY CAREGIVER COMPANION

Caring for someone you love can feel overwhelming.

Keep appointments, notes, contacts, and care information organized in one place.

- Appointment Tracking
- Care Team Directory
- Medication Change Log
- Hospital Visit Notes
- Family Communication Log
- Caregiving Notes

You Are Not Alone

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Seniorism

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Contents

Why This Companion Matters

Caring for a family member often means keeping track of appointments, medications, notes, contacts, and important information.

It can feel overwhelming.

This companion was created to help family caregivers keep information organized in one place.

You do not have to complete everything at once.

Use the sections that are most helpful for your situation.

Small steps matter.

Care Recipient Profile

Name: _____

Preferred Name: _____

Date of Birth: _____

Primary Physician: _____

Emergency Contact: _____

Pharmacy: _____

Preferred Hospital: _____

Insurance Provider: _____

Medicare Number (Optional): _____

Important Medical Conditions:

_____

_____

_____

_____

Emergency Contacts

Use this page to record important family and friends contacts.

Name	Relationship	Phone	Notes

Care Team Directory

Provider	Specialty	Phone	Notes

Examples: Doctor, home health, therapy, pharmacy, social worker, or other support services.

Doctor & Specialist Contacts

Primary Care Physician

Name: _____

Phone: _____

Address: _____

Specialists

Specialist 1

Name: _____

Specialty: _____

Phone: _____

Specialist 2

Name: _____

Specialty: _____

Phone: _____

Specialist 3

Name: _____

Specialty: _____

Phone: _____

Specialist 4

Name: _____

Specialty: _____

Phone: _____

Appointment Tracker

Date	Provider	Reason For Visit	Follow-Up Needed	Outcome / Next Step

Questions For The Next Appointment

Questions:

Visit Notes

Visit 1

Date: _____

Provider: _____

Notes:

_____

_____

_____

Visit 2

Date: _____

Provider: _____

Notes:

_____

_____

_____

Visit 3

Date: _____

Provider: _____

Notes:

_____

_____

_____

Medication Change Log

Date	Medication	Change Made	Notes

Hospital & Urgent Care Visit Log

Date	Location	Reason	Follow-Up

Daily Care Notes

Date: _____

Family Communication Log

Date	Person Contacted	Method	Notes

Tasks & Follow-Up List

☐ Schedule Appointment

☐ Pick Up Prescription

☐ Contact Insurance

☐ Request Records

☐ Follow Up With Provider

Due Date: _____

Completed Date: _____

Additional Tasks:

_____

_____

_____

_____

_____

_____

Supplies & Equipment Tracker

Item	Supplier	Contact	Notes

Examples: walker, wheelchair, oxygen equipment, hearing aids, or other medical equipment.

Important Things To Remember

Monthly Care Review

Review This Month:

☐ Appointments

☐ Medications

☐ Provider Contacts

☐ Care Notes

☐ Follow-Up Tasks

☐ Emergency Contacts Updated

☐ Medication Changes Recorded

Review Date: _____

Next Review Date: _____

Review Date: _____

Next Review Date: _____

Review Date: _____

Next Review Date: _____

Review Date: _____

Next Review Date: _____

Review Date: _____

Next Review Date: _____

Review Date: _____

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You Are Not Alone

Caring for someone you love can be challenging.

Staying organized can help reduce stress and make it easier to keep track of important information.

You do not have to do everything today.

Take one step at a time.

Small steps matter.

You Are Not Alone.

This companion is for personal organization and information tracking only. It does not provide medical, legal, financial, or insurance advice.