

Senior *Recovery* COMPANION



— ♥ —
Your Organizer for a
Smoother, Less Stressful
Recovery at Home

RECOVERY CAN FEEL OVERWHELMING.

New medications.
Follow-up visits.
Symptoms to watch.
So much to remember.

**You don't have to
remember everything.**

This organizer helps you keep
important information in one
place so you can feel more
prepared, more organized,
and more in control.



Less Stress. More Confidence. Better Recovery. ♥



Keep all your
important
information in
one place



Track
medications
with
confidence



Stay on top
of appointments
and follow-ups



Know what
to watch for
and when to
get help



Communicate
easily with
family and
your care team



Designed for
home recovery
and peace
of mind



Practical tools.
Simple steps.
Support every day.

Download today.
Print what you need.
Use it your way.
Anytime, anywhere.

Seniorism
TOOLS FOR A BETTER TOMORROW

The Senior Recovery Companion

A simple guide to help make recovery feel more manageable.

Recovery Can Feel Overwhelming

After a hospital stay or medical procedure, there can be a lot to manage: new medications, follow-up appointments, symptoms, paperwork, and daily routines.

This guide was created to help reduce stress and keep important information in one place.

You do not need to remember everything on your own. Keeping track of medications, appointments, and recovery notes can help you feel more prepared and more confident during recovery.

Use this guide in whatever way works best for you. Some people use it every day. Others use it only during appointments or when questions come up.

The goal is simple: help make recovery easier, calmer, and more organized.

The First Week Home

- Take medications exactly as instructed.
- Keep all follow-up appointments.
- Drink enough water unless your doctor says otherwise.
- Rest when your body tells you to rest.
- Write down new symptoms or concerns.
- Ask for help when you need it.
- Bring this guide to appointments.

Recovery Snapshot

Name: _____

Date of Birth: _____

Hospital or Clinic: _____

Procedure or Diagnosis: _____

Discharge Date: _____

Main Doctor: _____

Emergency Contact: _____

Medication Changes

Use this section to keep track of new medications, stopped medications, or dose changes.

Medication	Before	After	Notes

Daily Recovery Notes

Date	How I Feel Today	Questions or Concerns	Action Taken

Changes to Watch For

If something does not feel right, trust your instincts and contact your healthcare provider.

- Trouble breathing
- Chest pain
- High fever
- New confusion
- Severe weakness
- Swelling or pain getting worse

Important Contacts

Name	Role	Phone Number	Notes

Questions for the next doctor's visit

Question	Doctor Answer	Next Steps

One Step at a Time

Recovery is not always easy. Some days will feel better than others. The important thing is to stay organized, ask questions when needed, and take recovery one step at a time.

This guide is not medical advice. It is a simple tool to help support communication, organization, and peace of mind during recovery. Consult with your doctor about any questions about this document.