



Daily Care Log

for

Managing Alzheimer's and Dementia



Daily Tasks

Task

Morning Afternoon Evening

Medication given as scheduled

☐☐☐

Meals eaten / appetite normal

☐☐☐

Fluids/hydration adequate

☐☐☐

Hygiene routine completed (bathing, teeth, grooming)

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Toileting routine on schedule

☐☐☐

Engaged in a meaningful activity

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Mood and behavior calm / no notable agitation

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Slept adequately (note for prior night, log in morning) ☐

Behavioral Notes

- Signs of confusion, agitation, or sundowning today: _____
- Possible trigger identified (hunger, noise, fatigue, unfamiliar face/place): _____
- Any wandering or attempt to leave the home: _____

Concerns or Symptoms to Discuss with the Provider