AGINGSTEADY

Caregiver Weekly Command Sheet

One page to hold the week for the person you care for: appointments, medicine checks, decisions and who is helping with what. Print it, fill it in, keep it on the fridge or in the care binder.

Week of: _____ **Care recipient:** _____

Appointments this week

Day / time	Who / where	Who is driving	Bring / ask

Medicine check (tick each day it was taken)

Medicine and dose	When	M	T	W	T	F	S	S

Changes to a medicine go through the doctor or pharmacist. Write them here so everyone sees the same list.

Decisions to make or explain later

Decision	Options we looked at	Who decides	Decided on (date)

Who is helping with what

Task	Who	Done

Questions for the doctor or care team

_____

_____

Want this for every week, with the rest of the system? The Caregiver Command Center is the full version: a medication and appointment tracker, an emergency info sheet to share with family, and a decision log, in printable and fillable formats. Details: agingsteady.com/caregiver-command-center. There is also a free Emergency Info Sheet on the same page.

Free to print and share, unchanged. General organizing tool, not medical, legal or financial advice. AgingSteady is independent and is not affiliated with any healthcare provider or agency.