

The Complete Caregiver 24 Hour Weekly Care Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 AM							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00 PM							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00 AM							
1:00							
2:00							
3:00							
4:00							
5:00							

The Complete Caregiver Medicine & Supplements Chart

Medication/Supplement	Dosage / MG	Frequency / Day	Times Per Week

Example:

Med Name 1	1 Tablet/ 81 mg	1 x / day	Every Day
Med Name 2	4 mg / 1MG/ML	2 x / day	M W F
Multi-Vitamin	1 Tablet /	1 x / day	Every Day

INSTRUCTIONS

The Complete Caregiver 24-Hour Weekly Care Schedule & Medicine Chart

- **Post your charts in an obvious place.** Put the 24-Hour Schedule near your family calendar* and the Medicine Chart near where you store and prepare your medications, for easy reference throughout the day. See our website for step-by-step instructions on organizing your child's medications.
- **24 Hour Weekly Care Chart** – use for basic scheduling of important caregiving needs – medications, feedings, medical procedures, therapies, etc. You can use color-coding for ease of visual reference.
 - *For Example:* If you have a feeding every three hours, you could use a green pen and write in “Feed” or just “F”. Use a different color and mark medication times with an “M” or “Meds” on the appropriate hours and days – you will use the Medication Chart to write in all the details of what medications happen when. If you have physical therapy twice a week, or some other standing weekly appointment, put initials for the appointment in a third color (*i.e. PT = physical therapy, OT = occupational therapy, ST = speech therapy, SI = sensory integration therapy, BT = behavioral therapy, etc.*)
 - IF YOU HAVE MORE THAN ONE CHILD TO TRACK - use a different color for each child, instead of each activity.
- **Medication Chart** – see the examples in grey below the chart. Note that the second column asks for both the amount of medication you give (*i.e. number of tablets OR milligrams of a suspended medication per dose*) and then, after the ‘/’ asks you to enter the strength of the medication (*i.e. mgs of medication per tablet OR the suspension strength of the medication such as 1 milligram per 1 milliliter of liquid medication. This is useful to keep track of as you will most likely be asked what medications your child is taking and their dosages/strengths. This information is on the bottle.*) For some supplements, like a multi-vitamin, you may not be able to write down the ‘strength’ on the chart. For others, it will be the same as a medication.
- **Medications and schedules can change frequently!** That’s why we chose to offer these tools as downloads, so you could print new ones when changes occurred. We hope you find these useful for organizing your caregiving.
- Please visit our website to let us know how these charts worked for you! Thecompletecaregiver.com

*A family calendar is a monthly calendar posted in a central location, like the kitchen, that has everyone’s scheduled events, appointments, trips away, etc.

