

Person Supported / Care Recipient: _____

Date: _____

Caregiver Completing Log: _____

Relationship: _____

You do not need to check every box. Record what was actually observed. A completed task can still require major caregiver prompting or supervision.

OBSERVATION PERIOD & RESPONSIVENESS

Period observed

- ☐ Morning
- ☐ Afternoon
- ☐ Evening
- ☐ Overnight
- ☐ All day

Communication / responsiveness noticed

- ☐ Responded and interacted about as usual
- ☐ Gave brief answers / limited speech
- ☐ Communicated mostly without speaking
- ☐ Needed extra time before responding
- ☐ Needed questions or instructions repeated
- ☐ Did not respond to several attempts to engage

RESPONSE TO REQUESTS, DIRECTIONS & TASKS

- | | |
|--|--|
| ☐ Did the task after one request | ☐ Said no / declined |
| ☐ Acknowledged request but did it later | ☐ Asked to be left alone |
| ☐ Needed repeated reminders | ☐ Argued or became upset |
| ☐ Needed task broken into steps | ☐ Did it after a long delay |
| ☐ Started but did not finish | ☐ Needed caregiver present to complete it |
| ☐ Did not respond to the request | ☐ Other: _____ |

DAILY FUNCTIONING

Self-care, meals & personal routine

- ☐ Bathed / washed as usual
- ☐ Oral hygiene completed
- ☐ Changed clothes / wore appropriate clothing
- ☐ Ate meals / snacks
- ☐ Drank fluids
- ☐ Needed prompting or help with one or more of these

Household tasks & cleaning up

- ☐ Put away own items
- ☐ Disposed of trash / cleaned up mess
- ☐ Handled dishes / food area
- ☐ Completed laundry or clothing task
- ☐ Maintained bedroom / personal area
- ☐ Needed reminders, steps, or caregiver help

MOOD, BEHAVIOR & COMMUNICATION CHANGES

- | | |
|---|---|
| ☐ Calm / usual presentation | ☐ Fearful or distressed statements |
| ☐ More quiet or withdrawn | ☐ Suspicious or mistrustful statements |
| ☐ Irritable or argumentative | ☐ Spoke/responded aloud when no one nearby was speaking |
| ☐ Pacing / restless | ☐ Reported hearing, seeing, or sensing something others did not report |
| ☐ Raised voice / yelled | ☐ Sudden change in speech, activity, or interaction |
| ☐ Very difficult to engage | ☐ Other: _____ |

This page records observable functioning and communication, not a diagnosis. Instead of writing a label such as 'paranoid,' record what was actually said or done (for example: 'said someone was watching the house and checked the window several times').

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SAFETY & JUDGMENT

- | | |
|---|--|
| ☐ Door left open or unlocked | ☐ Gave money or private information to someone |
| ☐ Unsafe stove, fire, water, electrical, chemical, or tool use | ☐ Possible scam / unwanted purchase / subscription |
| ☐ Left home / became lost / unsafe community activity | ☐ Lost ID, keys, phone, card, or important item |
| ☐ Food safety concern | ☐ Needed caregiver to secure medication / tools / valuables / exits |
| ☐ Property damage or unsafe disposal of items | ☐ No safety concern observed |

WHAT WENT WELL & WHAT HELPED

- | | |
|--|--|
| ☐ Completed something independently | ☐ Predictable routine helped |
| ☐ Asked for help / clearly communicated a need | ☐ Quiet / lower-stimulation space helped |
| ☐ Accepted redirection or returned after a break | ☐ One step or one question at a time helped |
| ☐ Participated in meals, hygiene, or household routine | ☐ Extra response time helped |
| ☐ Had a positive interaction / spent time around others | ☐ Preferred activity, music, movement, or comfort item helped |

CAREGIVER SUPPORT & SUPERVISION

Support provided

- ☐ Prompted / reminded
- ☐ Broke task into steps
- ☐ Assisted with hygiene, meals, clothing, or cleaning
- ☐ Managed / monitored medication
- ☐ Stopped or redirected unsafe action
- ☐ Secured unsafe or important items
- ☐ Used calm communication / reduced stimulation
- ☐ Contacted family, provider, crisis, or emergency support

Time / level of supervision

- ☐ No active assistance
- ☐ Occasional reminders or checks
- ☐ Repeated prompting / several safety checks
- ☐ Caregiver presence needed for activities
- ☐ Frequent supervision during the day
- ☐ Continuous observation for part of the day
- ☐ Most of the day caregiver availability
- ☐ Overnight monitoring

DAILY SUMMARY

- | | |
|--|--|
| ☐ About the person's usual day | ☐ No follow-up needed |
| ☐ Needed somewhat more support than usual | ☐ Continue tracking |
| ☐ Needed much more support than usual | ☐ Tell another caregiver / household member |
| ☐ Meaningful change in communication or functioning | ☐ Provider or agency follow-up needed |
| ☐ Significant safety concern | ☐ Crisis / emergency support was contacted |

Objective notes - what happened, what you did, and what happened next:

This tool helps a family caregiver record day-to-day functioning, communication, safety, and support. It does not determine diagnosis, decision-making capacity, eligibility, or legal authority and does not replace clinical or official records.