

A
CAREGIVER'S
GUIDE

***A service of the Penn State
Gerontology Center
Outreach Program***

THE MEDICAL AND PERSONAL RECORD

OF

(NAME)

(DATE)

PENNSTATE



University Park
Campus

PERSONAL INFORMATION

MY NAME IS _____

I LIKE TO BE CALLED _____

I AM _____ YEARS OLD

I AM MARRIED _____ NOT MARRIED _____

MY SPOUSE'S NAME IS _____

WE HAVE BEEN MARRIED _____ YEARS

I HAVE _____ CHILDREN

1. _____ 2. _____

3. _____ 4. _____

I HAVE _____ GRANDCHILDREN

1. _____ 2. _____

3. _____ 4. _____

MY CHILDREN LIVE IN

1. _____ 2. _____

3. _____ 4. _____

MY FAVORITE POSSESSIONS ARE (AFGHAN, STUFFED ANIMAL, ETC.)

HEALTH INFORMATION

A. TELEPHONE INFORMATION

DOCTOR _____ # _____

DOCTOR _____ # _____

AMBULANCE _____ # _____

POISON CONTROL _____ # _____

FAMILY MEMBER _____ # _____

_____ # _____

NEIGHBOR _____ # _____

MINISTER _____ # _____

B. ALLERGIES _____

C. SPECIAL TREATMENTS (COMPRESSES, ETC.) _____

D. PHYSICAL AIDS (GLASSES, DENTURES, ETC.) _____

E. MEMORY LOSS _____

F. MEDICATIONS

	<u>NAME</u>	<u>DOSAGE</u>	<u>WHEN</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____

POSSIBLE SIDE EFFECTS

ACTIVITIES OF DAILY LIVING (ADL'S)

A. PERSONAL CARE

TOILETING _____

GROOMING _____

BATHING _____

B. EATING HABITS

SPECIAL DIET _____

LIKES AND DISLIKES _____

CHEWING OR SWALLOWING PROBLEMS _____

USE OF KNIFE, FORK, SPOON, ETC. _____

C. FAVORITE SNACKS _____

D. SPECIAL HABITS _____

E. PROBLEMS IN AND OUTSIDE THE HOME

WALKING _____

STAIRS _____

BARRIERS _____

WHEELCHAIR, WALKER, CANE _____

ADDITIONAL: _____

MY GENERAL DAILY ROUTINE

BREAKFAST _____

NAP _____

DINNER (OR LUNCH) _____

NAP _____

SUPPER _____

BEDTIME _____

LEISURE AND RECREATIONAL ACTIVITIES

FAVORITE TV SHOWS _____

PICTURE BOOKS _____

PLAYING CARDS _____

SHORT STROLLS _____

NAPS _____

CONVERSATION _____

LOCAL NEWSPAPERS _____

RADIO _____

MUSIC _____

SUGGESTIONS FOR CAREGIVER

1. FACE THE PERSON WHEN YOU SPEAK TO THEM
2. ESTABLISH EYE CONTACT
3. USE HAND GESTURES (POINT)
4. SPEAK DISTINCTLY, CALMLY, SOFTLY
5. USE SIMPLE SENTENCES
6. ALLOW AMPLE TIME FOR ANSWERS
7. MINIMIZE BACKGROUND NOISES
8. TOUCH ONLY WHEN ACCEPTABLE
9. DO NOT OVER USE THE WORD "NO" - YES OR MAYBE MIGHT BE ADEQUATE
10. SUDDEN, QUICK, UNEXPECTED MOVEMENTS CAN BE FRIGHTENING
11. LET PERSON KNOW TIME OF DAY, WHERE THEY ARE AND WHAT IS GOING ON EVERY NOW AND THEN