**DAILY CARE RECORD**

[Organisation Name]

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name:** | [Resident Name] | **Room:** | [Room] | **Date:** | [DD/MM/YY] |

**MORNING (06:00 - 14:00)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Woke at:** | [Time] | **Mood:** | ☐Good ☐Fair ☐Low |
| **Personal Care:** | ☐Wash ☐Shower ☐Bath | ☐Teeth ☐Shave | ☐Dressed | Assistance: ☐Independent ☐Prompting ☐1:1 ☐2:1 | | |
| **Breakfast:** | [Food eaten, amount] | Fluids: [Amount]ml | | |
| **Continence:** | ☐Continent ☐Pad changed (Time: \_\_\_\_) | Bowels: ☐Yes ☐No | | |
| **Activities:** | [Activities participated in] | | |
| **Notes:** | [Any observations, concerns, or highlights] | | |
| **Staff Initials:** | [Initials] | | |

**AFTERNOON (14:00 - 22:00)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Lunch:** | [Food eaten, amount] | Fluids: [Amount]ml | | |
| **Tea/Dinner:** | [Food eaten, amount] | Fluids: [Amount]ml | | |
| **Continence:** | ☐Continent ☐Pad changed (Times: \_\_\_\_) | Bowels: ☐Yes ☐No | | |
| **Mood:** | ☐Good ☐Fair ☐Low | Behaviour: [Any concerns] | | |
| **Activities:** | [Activities participated in, visitors] | | |
| **Evening Routine:** | ☐Wash ☐Changed for bed | Time to bed: [Time] | | |
| **Notes:** | [Any observations, concerns, or highlights] | | |
| **Staff Initials:** | [Initials] | | |

**NIGHT (22:00 - 06:00)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sleep Pattern:** | ☐Slept well ☐Restless ☐Awake frequently | Times awake: [Times] | | |
| **Checks:** | [Hourly check times and observations] | | |
| **Continence:** | ☐Continent ☐Pad changed (Times: \_\_\_\_) | | |
| **Notes:** | [Any concerns, incidents, or observations] | | |
| **Staff Initials:** | [Initials] | | |

**DAILY TOTALS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Total Fluids:** | [\_\_\_\_]ml (Target: [\_\_\_\_]ml) | **Bowels:** | ☐Yes ☐No |

*Template by Ayoolumi Melehon | ayofemimelehon.com*