

Medical  
Notebook  
For

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## Care Sheet for Helpers

### Meals

Time	Amount

### Toilet

Time	Notes

### Personal Care

	Check to mark done		
Shower/Bath			
Brush Hair			
Brush Teeth			



## Medication

Medicine taken	Dosage	Time

## Blood Pressure

Target Blood Pressure:

Time	Blood Pressure	Notes









## Information to Show

For journal articles and other articles with information gathered to show doctors and families

*“ Love is always bestowed as a gift -  
freely, willingly and without expectation.  
We don't love to be loved; we love to  
love.”*

- Leo Buscaglia

*“ Life is about not knowing, having to  
change, taking the moment and  
making the best of it, without knowing  
what's going to happen next.”*

- Gilda Radner

I get how hard this is. I really do. Ask for help when you need it. Remember you are doing the very best you can.

Hugs from the other side,  
Jill