

Daily Care & Preferences

A practical guide to helping in a way that respects the person.

Good daily care is not only about completing tasks. It is also about knowing the person's routines, choices, abilities, comfort, and how they prefer to receive help. Complete this with the person receiving care whenever possible, and update it when needs or preferences change.

Name:

Preferred name / how I like to be addressed:

What Helps Me Feel Like Myself	What Can Make a Day Harder

People, relationships, activities, or routines that matter most to me:

Choices I especially want to keep making for myself:

Something I want caregivers to remember even on a busy day:

My Daily Routine

A familiar rhythm can make care easier and more respectful. Record what usually works - not a rigid schedule that must be followed regardless of circumstances.

Part of Day	Usual Routine / Timing	Help, Reminders or Preferences
Waking / morning		
Breakfast / morning medicines*		
Midday / lunch		
Afternoon		
Dinner / evening		
Bedtime / overnight		

*Use the current medication list and healthcare instructions for medication details. Do not rely on this page as the medication record.

A routine that is especially important to me:

What helps when the usual routine has to change:

Personal Care - How I Prefer to Be Helped

Bathing, dressing, toileting, grooming, oral care, and eating are personal. Record how much help is actually wanted and needed. Preserve safe parts of a task the person can still do whenever appropriate.

Activity	What I Can Do / Help I Need	Preferences, Privacy & Routine
Bathing / showering		
Dressing		
Toileting		
Grooming / hair / shaving		
Oral care		
Eating / mealtime assistance		

Something I prefer to do myself before someone steps in:

Something that makes personal care easier or more comfortable:

Professional safety or technique instructions caregivers need to follow:

Meals, Hydration & Sleep

Record preferences separately from medical instructions. Follow current guidance from qualified healthcare professionals for prescribed diets, swallowing precautions, fluid instructions, or other clinical needs.

Area	What Usually Works for Me	Instructions / Assistance to Follow
Foods / meals		
Drinks / hydration		
Meal timing / setting		
Eating assistance		
Sleep / bedtime routine		
Nighttime assistance		

Foods, drinks, textures, or mealtime situations I especially like or dislike:

What usually helps me settle, rest, or sleep:

Recent change or question that should be discussed with the appropriate professional:

Mobility, Communication & Everyday Assistance

The goal is not to do everything for the person. It is to know where independence is safe, where a reminder is enough, and where supervision or hands-on assistance is needed.

Area	What I Can Do / Support I Need	Equipment, Technique or Preference
Walking / wheelchair		
Transfers / standing		
Stairs / getting around home		
Communication		
Memory / reminders		
Other everyday task		

Something I can still do independently and want time to do:

Something where a reminder or setup is usually enough:

Safety, transfer, mobility, communication, or equipment instructions caregivers must follow:

What Another Caregiver Should Know About Me

This page is the human handoff. It captures details that can be missed when care is reduced to a task list. Review these answers with the person receiving care whenever possible.

Please Know This About Me	What Helps
When I am worried, frustrated, tired, or overwhelmed	
How I communicate best	
Privacy, modesty, cultural, spiritual, or personal considerations	
Things unfamiliar helpers should not assume	

Something I want MORE help with right now:

Something I want LESS help with or more opportunity to do myself:

A recent change in my routine, abilities, preferences, or support needs:

If something is not working, I would like caregivers to:

Last reviewed with me / on my behalf:
