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Biography Based Care®

Alzheimer's/Dementia Caregiver Weekly Planner

Place an 'X' in each block representing the care
that you'd like your loved one to receive. Use
this to plan your week and determine where
you might want/need additional assistance.

Color Code: Medications Toileting Bathing/grooming Meals Life Enrichment Household Chores

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Toileting or Continance Care							
AM Dressing							
AM Grooming							
Bath or Shower							
AM Medications							
Breakfast Meal Prep							
Breakfast Meal							
Breakfast Dishes							
AM Life Enrichment Activity							
Make AM Snack Together							
AM Snack and Hydration							
Midday Toileting or Continance Care							
Midday Medications							
Lunch Meal Prep							
Lunch Meal							
Lunch Dishes							
Midday Life Enrichment Activity							
Afternoon Toileting or Continance Care							

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Alzheimer's/Dementia Caregiver Worksheet

Place an "X" in each block representing the care
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Color Code: Medications

Toileting

Bathing/grooming

Meals

Life Enrichment

Household Chores

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make Afternoon Snack Together							
Afternoon Snack and Hydration							
Calming and Comfort Time							
Dinner Meal Prep							
Evening Toileting or Continence Care							
Dinner Meal							
Dinner Dishes							
Dinner Medications							
Evening Life Enrichment Activity							
Make Bedtime Snack Together							
Bedtime Snack							
Bedtime Grooming							
Bedtime Medications							
Bedtime Dressing/Undressing							
Bedtime Toileting or Continence Care							
Laundry Day(s)							
Grocery Shopping Day(s)							
Housecleaning Day(s)							
Pharmacy Trip							
MD/Medical appointments							
Other							