



Tracking Symptoms

One of the most helpful tools for caregivers is keeping a diary or journal of their loved one's symptoms. This record can help you better communicate with the person's doctor changes in memory or behavior.

The journal can also help you track caregiving strategies that worked and activities the person enjoys.

For each day you are tracking, note the following:

Problems or changes in:

Memory

Behavior

Personality

Daily living skills (can the person do daily activities, such as bathing or dressing, with no, little or a lot of help?)

Caregiving strategies that worked? Strategies that did not work?

Activities the person with dementia enjoys.

Any medications the person took that day (include prescriptions, over-the-counter and herbal remedies):

Medication name

Dosage

When and how many taken daily

Below is a form you may use to help you track symptoms.



Week Of: _____

Tracking Sheet

EXcellent – Good – Fair – Poor – VC=Very Concerned

	MON	TUE	WED	THR	FRI	SAT	SUN
Memory							
Behavior							
Personality							
Bathing							
Dressing							
Eating							
Walking							
Sitting							
Sleep							
Incontinence or Bathroom Use							
Prescriptions, over-the-counter and herbal remedies							
Medication name							
Dosage							
When							
How many taken daily							

Caregiving strategies that worked? _____

Strategies that did not work? _____

Activities the person enjoys. _____

Notes: _____