My caring diary

Use this table to help document the time you spend caring each day which may be helpful during your assessment.

Activity	6am–9am	9am–12pm	12pm–3pm	3pm–6pm	6pm–9pm	9pm–12am	12am–3am	3am–6am	TOTAL TIME
Waking up / going to sleep									
Getting in/out of bed									
Cooking									
Eating									
Washing									
Toileting									
Medication									
Dressing/undressing									
Activities (playing, leisure)									
To and from appointments/school									
Communicating with others									
Other									