

Symptom Journal

A symptom journal keeps a record so that the time and effort of your loved one's visit with the doctor, professional staff and/or others can be best used. This can be maintained by both or either the care-recipient or the caregiver. You can start with the chief complaints — the ones that sent the care-recipient to the doctor in the first place — and add more— notice times and what else happened that day or around that time:

- All medications: prescription, over-the-counter, supplements, vitamins, CBD.
- Side effects: if you're aware of any.
- Mood: depressed, anxious, angry, lonely, loving, happy — all of them!
- Sleep: bedtime and rise time, hours slept, hours not slept, dream behaviors, daytime sleepiness.
- Stressful events: both positive and negative; for instance, a visit from a loved one can be just as important as a fall.
- Exercise: what kind, for how long, how your loved one felt before/during/after.
- Diet: paying attention to what is eaten, including how much and when; what isn't eaten; also, record how much water is drunk.

The best way to keep this is to make it a daily habit either as a reflection on the day in which all of the issues above are reviewed or, when there is a paid caregiver, at the end of every "shift and then to file. If there are also paid (or visiting) caregivers, this is a way of checking how they are doing.

Symptom Journal for Caregivers

Date _____

	Morning	Afternoon	Evening	Night
Medications				
Exercise				
Diet				
Visitors / calls				
Stressful events				
Mood				
Sleep (duration)				
Sleep (behavior)				

Comments: _____
