



Caregiver Notes

Preserve what happens between appointments: changes you notice, calls you make, instructions you receive, and questions you do not want to lose.

Use this page to organize information and questions. It does not replace medical advice. If there is an emergency or immediate safety concern, seek emergency help rather than waiting to complete a worksheet.

Date	Time / part of day	Person completing this page

What I noticed

Describe what changed or stood out. Short, specific observations are enough. (ex: became agitated at 12pm , emotional dysregulation at 3pm, exhaustion upon waking at 10am...)

What was happening before it changed?

Activity, environment, visitors, screens, errands, poor sleep, a long appointment, or anything else that gives useful context. (ex: agitation due to overhead light and environmental noise, therapy at 1pm caused increase in emotionality and later dysregulation, bad night of sleep...)

What seemed to help - or make things harder?

Calls, appointments, or instructions today

Write down who you spoke with, what they said, and any follow-up you are waiting on.

Questions for providers

Next steps

Next action	Who owns it?	By when?

Caregiver check-in

What is one thing someone else could take off my plate today?