

Daily Routine



Complete this worksheet so that anyone who fills in for you as caregiver will know how to care for the person with Parkinson's.

Usually arises at: _____

Usually goes to bed at: _____

It is very important that Parkinson's medications are given on time every time, according to schedule.

See the Medications Worksheet for more information.

Are there allergies to any foods or substances?

Are there dietary restrictions or food/beverage consistencies needed?
Favorite foods/dislikes?

Are any special adaptations used for eating, dressing or personal cares?

Hobbies and interests:

FILLED OUT BY:

DATE:



What is the typical daily routine? Include mealtime, activities, rest periods, exercise, personal cares and other activities.

Additional information:
