

Caregiving Incident Log

Record specific incidents, not general impressions. Dated facts a doctor can act on.

How to use this log

Write one plain sentence per incident — what happened, when. No adjectives, no diagnosis, no "poor Mom."
"March 9 — couldn't work out the change at the store, handed the cashier her whole purse" beats "she's confused."
Note the aftermath when there is one (e.g. slept 14 hours after a visit). Keep it ~3 weeks, then give it to the doctor before the appointment. A pattern is very hard to argue with — for a clinician or a doubting sibling.

Person: _____ Log started: _____

DATE / TIME	WHAT HAPPENED (one plain sentence)	AFTERMATH