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:

__________________________________________

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

Additional information: