

Daily care log

A simple day-by-day record of care given at home. Useful for family carers, paid carers and handover.

England first · Free printable template · Large text · Fill in by hand or in Word

Please read this first

Information only — not advice. This is a free blank template from Social Care Made Easy (socialcaremadeeasy.co.uk). It is not legal, medical or financial advice. It is not a substitute for a council care and support plan, a professional risk assessment, or advice from a GP, nurse or social care worker. It is not made by the NHS, DWP or any council. Fill it in yourself for personal use. Rules in England can differ from Scotland, Wales and Northern Ireland.

Urgent help

In an emergency, or if someone's life is at risk, call 999. For urgent medical help, call NHS 111 or go to 111.nhs.uk. For anything else about health, speak to a GP.

Person this log is about

Name: _____

Week starting (date): _____

How to use this log

1. Fill in one row (or one page) for each visit or each part of the day.
2. Keep notes short and factual. Write what you saw and what you did.
3. If something urgent happens, call 999 or NHS 111 first — then write it down.
4. Share this log only with people who need it for care.

Day page

Date: _____

Carer name: _____

Time arrived: _____

Time left: _____

Mood and wellbeing

How was the person today? _____

Sleep last night: _____

Personal care

☐ Washing / bathing — notes: _____

☐ Dressing — notes: _____

☐ Mouth care — notes: _____

☐ Continence / pads — notes: _____

☐ Skin checks — notes: _____

Food and drink

Breakfast: _____

Lunch: _____

Evening meal: _____

Drinks through the day: _____

Appetite / swallow notes: _____

Moving and safety

Transfers / walking help: _____

Falls or near-falls: _____

Equipment used: _____

Medicines

Tick when given. Use the Medication record for the full list.

☐ Morning medicines given as planned

☐ Lunchtime medicines given as planned

☐ Evening medicines given as planned

☐ Night medicines given as planned

Any missed / refused / extra doses: _____

Activities and company

What we did together: _____

Visitors: _____

Anything the next carer should know

Carer signature / initials: _____

Weekly overview (optional)

Day	Mood	Food OK?	Meds OK?	Notes for next carer

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