

Time Schedule Sheet

sample

The informants are (the elderly/ the carer / other) The informant's name(Kazuo Ise)

The client's name (Hanako Ise) SWr (N.Tsuchiya) Date (02/XX/20XX)

We ask how the elderly person and his/her carer live their daily lives.

Choose This day is (easy standard hard) for the carer. yesterday

	Activities of the elderly person	Activities of the carer	service use	examples of items of care
5:00	wake-up, pee	help her to pee and clean up		To help the elderly person
6:00				pee/bowel movement position change Sleep
7:00	pee get up, wash face and get dressed	help her to pee and clean up help her to get up, wash face, style hair, and get dressed. throw away garbage.		transfer walk
8:00	have a breakfast brush teeth	make breakfast, help her to eat help her to brush her teeth, wash the dishes		eat drink
9:00	pee	help her to pee and clean up do the clothes and hang them out to dry		change clothes have a bath
10:00	watch TV	clean up the room		have a bed bath wash face
11:00	pee, bowel movement	help her to pee and clean up make lunch		style hair take care of appearance
12:00	have lunch brush teeth	help her to eat and wash the dishes help her to brush her teeth, care of her appearance		going out
1:00	pee	go out for shopping	home-help service help her to pee, and to drink fluids. walk around with her.	walking around
2:00	walk for rehabilitation	come back from shopping		
3:00	pee	help her to pee and clean up		To assist with housework
4:00	do puzzles or coloring book to help prevent dementia	help her to do puzzles or color make dinner	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>As you can see, the busiest times are the morning and evening. Why do you think they use</p> </div>	prepare products needed for care
5:00	pee	help her to pee and clean up make dinner		go shopping
6:00	have dinner brush teeth	help her to eat help her to brush her teeth		clean the room organize things
7:00	pee	help her to pee and clean up prepare a bath		do the laundry hang out the laundry to dry
8:00	take a bath	help her take a bath, and get dressed for bed. clear the table. prepare breakfast for the next day		fold clothes make meals serve meals
9:00	pee, wash face	help her to pee and clean up		set the table
10:00	watch TV	watch TV fold clothes		
11:00	pee, go to bed	help her to pee and clean up		
12:00				
1:00	pee	help her to pee and clean up		
2:00				
3:00				
4:00				

Examples of Questions for Time Schedule Sheet

Tip: listen to how he feels carefully and

Could you please tell me about the daily routine of the elderly person and the carer?

How did Hanako-san spend her time yesterday? How did you care for her?

What time did she wake up? And then?

So she went to the bathroom, and you helped her, I see. How did you help her to pee?

So you walked with her to the bathroom, and helped her to take off her underwear, and to wash her hips.

Is sounds like you were careful when you helped her. .. And? did she pee at 7 a.m.? Every 2 hours?

Everyday? Oh. It sounds like very hard work ! I think you were very kind to her. Then? she got up at 7a.m. and you helped her to sit up in her chair, to wash her face and to get dressed. And you threw out the garbage. Did you do all these things within one hour? How busy!

Then? You cooked her breakfast, and helped her to eat. What food does she eat every day?

Rice, miso-soup, grilled fish, boiled greens with soy sauce. Was she able to chew them easily?... Oh, You cut them into pieces for her! Good!

compliment a specific action

If something sounds unusual , ask him for more details about the action politely. However never blame him or look at him accusingly. Thank and compliment him any time you can, and listen to him carefully, and he may tell the truth about what happend.

Did you do puzzles or color in with her? Did your mother feel like doing those things? No? Could you tell me why she does puzzles?... To help prevent dementia. Did anyone advise you to do so? No. You thought of that by yourself. I see. How did your mother do with it? Oh, She got bored with it easily. How did you feel about that?You got angry with her, and sometimes hit you her.

Does your mother see the specialist for dementia? ...You had taken her to see the psychiatrist once, but you have not been since. Would you tell me why? The doctor told you dementia was incurable. So you thought the doctor was not passionate about his work and his consultation couldn't be useful. I see.

If he tells you about some kind of abuse, you can ask him if he has any social support networks. The carer might be sceptical about getting help from a specialist so it would be counter-productive to advise him to seek a specialist's help. Bylistening to him and

Until 1:00 a.m. you looked after her so carefully, that you became exhausted, didn't you?

Did she fall asleep quickly? No. She forgot that she had eaten her dinner and she blamed you for not giving her dinner loudly and repeatedly.

Then what did you do to her? Without mianingto, you shouted at her. I see.