ECHOLINE.DIGITAL · FROM ONE CAREGIVER TO ANOTHER

The Care Sheet

The printout that makes doctors happy.

Meds, doctors, conditions, allergies, and what normal looks like. All in one place.

A note from Kirk

I look after my mom. I'm not a nurse or a doctor. I'm her son.

When I take her in, I bring a printout of all her meds, doctors, conditions and allergies. It has made every doctor happy, every time. Some have shown it around the office and wished more patients and caregivers would do the same.

So I cleaned mine up to share. Fill it in once, keep it current, and you won't have to remember every dose at the check-in desk.

Kirk Fuson

How to use it

1. **Save a copy first.**
   Name it after the person, then type right into the boxes on a computer or phone. You can also print it blank and use a pen.

2. **Get the bottles.**
   Line up every bottle, including vitamins, drops, creams and inhalers, and copy from the labels. Blank boxes are fine, so start with what you know.

3. **Print pages 2 to 4.**
   Bring two copies: one to hand over at the appointment and one to keep. Keep the file on your phone for surprises, like a trip to the ER.

4. **Print page 5 for each visit.**
   Write your questions before you go and the answers while you are there.

5. **Change the date whenever something changes.**
   An old list can mislead a doctor, so the "last updated" date matters. Ask the pharmacist to check it now and then.

Your information stays with you

This is a plain PDF on your own device. Nothing you type is sent to me or anyone else. It holds private details, so share it only with people you trust, and do not add a Social Security number. This is an organizing tool, not medical advice.

THE CARE SHEET — THE ONE-PAGE SNAPSHOT

FULL NAME	DATE OF BIRTH	THIS SHEET LAST UPDATED
Dorothy Ann Sample	03/14/1945	11/06/2026

GOES BY	SEX	HEIGHT	WEIGHT	LANGUAGE	PRIMARY DOCTOR
Dot	F	5 ft 3 in	128 lb	English	Dr. Ana Rivera

ALLERGIES AND BAD REACTIONS

☐ No known allergies

DRUG, FOOD OR MATERIAL	WHAT HAPPENS
Penicillin	Hives and swelling, 1998
Sulfa drugs	Rash
Adhesive tape	Skin blisters. Paper tape is fine.

AT A GLANCE

Check all that apply.

- ☑ Blood thinner
- ☑ Memory problems
- ☑ Hard of hearing
- ☐ Diabetes or insulin
- ☑ Fall risk
- ☐ Low vision
- ☐ Kidney problems
- ☐ Trouble swallowing
- ☑ Cane, walker or chair
- ☐ Pacemaker or implant
- ☐ Uses oxygen
- ☐ Lives alone

CONDITIONS

Current diagnoses and past ones that still matter.

CONDITION	SINCE / NOTES	CONDITION	SINCE / NOTES
Atrial fibrillation	2019	Mild memory loss	2023
High blood pressure	2004	Osteoarthritis, knees	2012
High cholesterol	2010	Hearing loss, both ears	2017

WHAT'S NORMAL FOR THEM

So a doctor who just met them can tell what has changed.

MEMORY AND THINKING	SPEECH AND HEARING
Knows family and where she is. Repeats questions. Forgets recent conversations.	Speaks clearly. Hears well with aids in. Speak to her face to face.
WALKING AND BALANCE	**EATING, SLEEPING, MOOD**
Uses a walker. Needs a hand on stairs and getting out of a car.	Good appetite. Sleeps about 8 hours. Cheerful in the mornings, tired by 4 PM.

WHO TO CALL AND WHO DECIDES

MAIN CAREGIVER	RELATIONSHIP	PHONE
Sam Sample	Son	(555) 555-0142
BACKUP CONTACT	**RELATIONSHIP**	**PHONE**
Jo Sample	Daughter	(555) 555-0187

MEDICAL POWER OF ATTORNEY	ADVANCE DIRECTIVE OR DNR: DOES ONE EXIST, WHERE IS IT?	
Sam Sample	Yes, advance directive. Copy in the blue folder and with Dr. Rivera.	
INSURANCE PLANS	**PHARMACY AND PHONE**	**PREFERRED HOSPITAL**
Medicare + supplement + Part D	Corner Drug (555) 555-0120	Lakeside General

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Write how many they take at each time of day. Copy names and strengths from the labels. Include as-needed medications.

PRESCRIPTIONS

MEDICATION AND STRENGTH	WHAT IT IS FOR	AM	NOON	PM	BED	PRESCRIBED BY
Apixaban 2.5 mg	Blood thinner, AFib	1		1		Dr. Mehta, cardiology
Metoprolol succinate 25 mg	Heart rate, blood pressure	1				Dr. Mehta, cardiology
Lisinopril 10 mg	Blood pressure	1				Dr. Rivera
Atorvastatin 20 mg	Cholesterol				1	Dr. Rivera
Donepezil 5 mg	Memory				1	Dr. Okafor, neurology

OVER THE COUNTER

Vitamins, supplements, sleep aids, pain relievers, drops, creams.

MEDICATION AND STRENGTH	WHAT IT IS FOR	AM	NOON	PM	BED	PRESCRIBED BY
Acetaminophen 500 mg	Knee pain, as needed	1		1		Self
Vitamin D3 1,000 IU	Bones	1				Dr. Rivera
Artificial tears	Dry eyes, 1 drop each eye	1			1	Self

RECENTLY STOPPED OR CHANGED

Doctors often ask this.

MEDICATION	WHAT CHANGED	WHEN	WHY
Ibuprofen 200 mg	Stopped	08/2026	Not safe with the blood thinner
Metoprolol	50 mg lowered to 25 mg	06/2026	Dizzy when standing up

LAST CHECKED AGAINST THE BOTTLES, DATE	LAST REVIEWED BY PHARMACIST OR DOCTOR, DATE
11/06/2026	10/22/2026, Corner Drug

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CARE TEAM

Doctors, home health, therapists, dentist, eye doctor.

SPECIALTY	NAME	PHONE	LAST SEEN	NEXT VISIT
Primary care	Dr. Ana Rivera	(555) 555-0101	10/02/26	01/08/27
Cardiology	Dr. Priya Mehta	(555) 555-0102	09/18/26	03/12/27
Neurology	Dr. Chidi Okafor	(555) 555-0103	07/21/26	01/20/27
Eye doctor	Dr. Lena Park	(555) 555-0104	05/05/26	
Audiology	Tom Reyes, AuD	(555) 555-0105	04/14/26	

HOSPITAL STAYS, SURGERIES AND BIG EVENTS

Falls and ER visits count. Newest first.

DATE	WHAT HAPPENED	WHERE
06/2026	Fall at home. No fracture. Dizzy from blood pressure med, dose lowered.	Lakeside General ER
03/2019	Hospital stay, 3 days. Atrial fibrillation found.	Lakeside General
2011	Cataract surgery, both eyes	Valley Eye Center

VACCINES

Most recent date.

FLU	COVID	PNEUMONIA	SHINGLES	TETANUS
09/2026	09/2026	2022	2021	2018

THINGS THEY RELY ON

Check all that apply. These are easy to leave behind at a hospital.

- [x] Glasses
- [x] Hearing aids
- [ ] Dentures
- [x] Walker or cane
- [ ] CPAP
- [ ] Glucose or BP monitor
- [x] Pill organizer
- [ ] Medical alert button

ANYTHING ELSE A NEW DOCTOR SHOULD KNOW

Does better with morning appointments. Please speak to Dot first, then to Sam. She may say she is fine when she is not, so ask Sam too.

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THE CARE SHEET — TODAY'S VISIT

FULL NAME	DATE OF BIRTH	THIS SHEET LAST UPDATED
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VISIT DATE	DOCTOR	WHY WE ARE HERE
11/10/2026	Dr. Ana Rivera	Dizziness and a poor appetite

BEFORE THE VISIT

WHAT'S DIFFERENT SINCE LAST TIME? WHEN DID IT START?
Dizzy when she stands up, 3 times in the last 2 weeks, always in the morning. Eating about half her usual lunch since mid-October. No falls.

BLOOD PRESSURE AT HOME	WEIGHT	OTHER READINGS
104/62 sitting, 11/08, 8 AM	128 lb (was 133 in Aug)	

MY QUESTIONS

Most important first, in case time runs short.

1. Could the dizziness be from one of her medications?
2. Is losing 5 pounds since August something to worry about?
3. Should she still be taking a cholesterol pill at 81?

WHAT THE DOCTOR SAID

Write it down while you are in the room.

MAIN POINTS AND ANSWERS
Blood pressure may be running low on the current medications. Check it sitting and standing each morning for 2 weeks and write it down. Try a nutrition drink between meals.

NEW MEDICATIONS OR CHANGES	TESTS OR REFERRALS ORDERED
No new meds. Keep everything the same until the blood pressure log comes back.	Blood work this week: blood count, kidney function, thyroid.

FOLLOW-UP DATE	CALL THE OFFICE IF…
11/24/2026, 9:30 AM	She faints, falls, has chest pain, or the top number stays under 90.

AFTER THE VISIT

- [x] Update the medication list and the date on page 2
- [ ] Tell whoever else helps with their care
- [x] Pick up new prescriptions
- [ ] Put the follow-up on the calendar

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