

# Dietary Plan

Regular     Low sodium     ADA diet     Allergies:

\_\_\_\_\_ Calorie target

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## General Comments

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## Food Dislikes

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## Dietary Comments

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## Weekly Meal Planner

Day 1:	
Breakfast:	Morning Snack
Lunch	Afternoon Snack
Dinner	Other

Day 2:	
Breakfast:	Morning Snack
Lunch	Afternoon Snack
Dinner	Other

Day 3:	
Breakfast:	Morning Snack
Lunch	Afternoon Snack
Dinner	Other

Day 4:	
Breakfast:	Morning Snack
Lunch	Afternoon Snack
Dinner	Other

Day 5:	
Breakfast:	Morning Snack
Lunch	Afternoon Snack
Dinner	Other

Day 6:	
Breakfast:	Morning Snack
Lunch	Afternoon Snack
Dinner	Other

Day 7:	
Breakfast:	Morning Snack
Lunch	Afternoon Snack
Dinner	Other

## Medications

Time of Day	Medicine Name Brand/Generic	Color/Shape	Dosage/#of tabs	Administration Take with or without food, water, crush, etc.	Medication is prescribed for what ailment?	General Comments
<b>Morning</b>						
<b>Afternoon</b>						
<b>Bedtime</b>						
<b>PRN</b>						

List any/all over the counter medication in chart above.

# Home Safety

## Check List

### ENTRANCE

- Outside entry safe, well lighted
- Steps safe, railing secure
- Visitors visible prior to entry
- Lock on door in working order

### LIVING AREAS

- Doorway accessible
- Uncluttered walkway
- Windows can be opened
- Rugs safe for movement
- Lighting sufficient and working
- Electric cords safely attached

### KITCHEN

- Doorway accessible
- Appliances in working order
- Faucets working
- Stove burners, oven working
- Electric cords safe for use
- Refrigerator keeps foods cold
- Dishes, pots, silverware, cutlery stored for cleanliness and safety

### BEDROOM

- Doorway accessible and lighted
- Access to bed free of clutter
- Phone available by the bed
- Access to closet
- Rugs safe for movement
- Lighting accessible from bed
- Nightstand available for personal items
- Flashlight and emergency items within reach

### BATHROOM

- Doorway accessible
- Transfer space to toilet, shower, tub
- Safety mats in tub
- Safety bars secure
- Chair for shower, secured to floor
- Lighting adequate and working
- If needed, raised toilet seat secure
- Fixtures in working condition
- Electric cords safely secured
- Floors safe if wet, carpet secure

### STAIRWAYS

- Handrail secure
- Stairs free of clutter
- Carpet secure
- Lighting sufficient and working

### GENERAL

- Working smoke detectors properly placed
- Carbon Monoxide detector in use
- House free of bugs, roaches, mice
- House free of harmful odors
- Mail safely accessible
- Garbage safely stored and disposed
- Emergency numbers posted and visible by phone
- Medicines properly stored and accessible
- Keys and locks easy to access
- Windows free of broken panes
- Streetlights in front of home working
- Parking available at a safe distance
- Doorbell working and able