Meal and Daily Routine Planner

Prepare talking points for individualized home care planning.

Meal preferences

- Note familiar breakfast, lunch, and dinner routines.
- Identify food dislikes, preferences, and comfortable meal settings.
- Discuss medical dietary instructions with a clinician or registered dietitian.

Everyday activities

- List enjoyable hobbies, conversation topics, and regular activities.
- Think about dressing, hygiene, and walking needs.
- Identify which tasks are most important for independence.

Questions and review

- Discuss what help can fit in an agreed care plan.
- Ask about meal preparation and errands availability.
- Review significant changes in eating or health with a qualified professional.

Talk with Golden Years (908) 801-9083 | Support@goldenyearhca.com

General educational information only. Not medical, legal, or financial advice. Specific service availability and professional scope must be confirmed with the agency. Never send medical records through the public website form.