GENTRY ELDER CARE

SAMPLE

Weekly care report

Sample report. Fictional client, not a real record.

Summary at a glance

CLIENT	FAMILY CONTACT	REPORTING PERIOD	CAREGIVER
Mrs. Adaeze Bello, 78	**Mr. Tunde Bello (son)**	**16 – 22 November 2026**	**Blessing Adeyemi**
Bodija, Ibadan	Toronto, Canada	Weekly report	About 28 hours this week

A good, steady week for Mrs. Bello. She ate every meal, took nearly all her medicines and enjoyed a long video call with you on Sunday. Her blood pressure was a little high on Thursday morning and settled after a rest. One small safety concern in the bathroom has been flagged, and we need a quick yes from you (page 3).

Vitals

Checked each morning by Blessing

DAY	BLOOD PRESSURE mmHg	PULSE bpm	TEMP °C	BLOOD SUGAR mmol/L	WEIGHT kg	STATUS
Mon	132/82	72	36.6	6.4	68.2	✓
Tue	128/80	70	36.5	6.1	—	✓
Wed	134/84	74	36.7	6.8	—	✓
Thu	**146/90** then 138/86 after a rest	78	36.6	6.9	—	**Worth watching**
Fri	130/82	71	36.6	6.5	—	✓
Sat	126/78	69	36.4	6.2	—	✓
Sun	130/80	72	36.6	6.6	68.0	✓

✓ means within her usual range. The ranges are Mrs. Bello's own, set by our nurse at her home assessment, so we compare her with herself rather than with general guidance. Blood sugar is a fasting reading. Weight is taken on Mondays and Sundays.

Medication

Blessing gives reminders and records each dose. We never change medicines; only her doctor does.

MEDICINE	MON	TUE	WED	THU	FRI	SAT	SUN	THIS WEEK
8:00 am · Amlodipine 5 mg blood pressure	✓	✓	✓	✓	✓	✓	✓	**7 of 7**
8:30 am · Metformin 500 mg blood sugar	✓	✓	🔔	✓	✓	✓	✓	**7 of 7**
6:00 pm · Metformin 500 mg blood sugar	✓	✗	✓	✓	✓	✓	✓	**6 of 7**

✓ Taken on time 🔔 Taken after a reminder ✗ Missed, reported to the nurse

Tuesday evening: her pill box was still full next morning. Our nurse advised not to double up.

Meals and hydration

Blessing serves breakfast and lunch. An evening meal is left portioned and labelled.

DAY	BREAKFAST	LUNCH	FLUIDS	LOW-SALT
Mon	Pap, moi moi	Efo riro, pounded yam, fish	1.6 L	✓
Tue	Plantain, egg sauce	Beans, plantain, steamed greens	1.5 L	✓
Wed	Oats with milk	Gbegiri, ewedu, amala (half)	1.5 L	✓
Thu	Pap, boiled egg	Egusi soup, eba (small)	1.4 L	✓
Fri	Boiled yam, egg sauce	Rice and stew from a visitor	1.7 L	👁 **Seasoning cubes**
Sat	Bread, scrambled eggs	Ogbono soup, pounded yam	1.6 L	✓
Sun	Pap, moi moi	Okra soup, pounded yam, fish	1.5 L	✓

All 14 meals were eaten. Friday's stew used seasoning cubes (high in salt), so the portion was small.

Mood and wellbeing

DAY	MOOD	SLEEP	ENERGY	COMPANY AND CONTACT
Mon	Cheerful	7 h	Good	Neighbour, Mrs. Ojo, stopped by
Tue	Calm	6.5 h	Good	Phone call with her sister
Wed	Quiet	5.5 h	Tired	Rested in the afternoon, no visitors
Thu	Cheerful	7 h	Good	A friend from church visited
Fri	A little shaken	6.5 h	Fair	Blessing sat with her after the slip
Sat	Cheerful	7.5 h	High	Visit from her niece
Sun	Very happy	7 h	Good	Video call with you and the grandchildren

Mobility and safety

- **Walking.** Moves around the house on her own, with her stick outdoors. A 10-minute walk in the compound on 6 of 7 days.
- **Standing and exercise.** Steady, with no dizziness, even on Thursday morning. Seated leg exercises on 5 of 7 days.
- **Falls.** None. One near-slip in the bathroom, below.

Concerns and recommendations

Slipped on a wet bathroom floor

Friday 20 November, 9:15 am · No fall, no injury · Flagged to nurse

WHAT BLESSING NOTICED

After her bath the tiles were still wet and her slipper slid. She caught the sink and stayed upright. Blessing checked her at once: no pain, no marks, walking normally.

NURSE'S ASSESSMENT

No injury, and her pulse and blood pressure were within her usual range. The bathroom is her highest-risk spot: smooth tiles and no grab rail.

WHAT WE DID

- Dried the floor and put down a non-slip mat.
- Blessing now stays within arm's reach while she bathes.
- Messaged you on WhatsApp that afternoon.

WHAT WE SUGGEST THE FAMILY DOES

- Consider a shower stool. Our nurse can advise.
- Tell your mum it is fine to ask Blessing for help.

Next week

Monday 23 – Sunday 29 November

- Same daily routine: morning vitals, medicines with breakfast, partner-kitchen lunches.
- **Wednesday 25:** our nurse visits to check her blood pressure and the bathroom.
- Grab rail fitted once you approve.
- Next report: Monday 30 November.

What we need from you

1. A yes or no on a bathroom grab rail and non-slip strips (quote sent on WhatsApp).
2. Her glucose test strips will last about 2 more weeks. May we reorder?
3. Visiting in December? Tell us the dates so we can plan around you.

How to read this report

Each report is written by your loved one's caregiver and checked by our nurse before it reaches you. You do not need medical knowledge to read it. Start with the summary on page 1; the rest is detail to dip into.

The three status words

Within her usual range

Everything looks as it normally does for her. Nothing for you to do.

Worth watching

A small change, such as one higher reading. We re-check it and our nurse knows. No action unless we ask.

Flagged to nurse

Our nurse reviews it the same day. You hear from us, with what we did and what we suggest.

What each section tells you

Vitals · daily readings against her own usual ranges

Meals and hydration · what she ate and drank, with a low-salt check

Mobility and safety · how she is moving, and any falls

Medication · doses taken, after a reminder, or missed

Mood and wellbeing · how she seemed, slept and who she saw

Concerns · anything flagged, what we did, what we suggest

When we call you instead of waiting for the report

- A fall, an injury or a hospital visit.
- A reading well outside her usual range that does not settle after a re-check.
- She has barely eaten or drunk for most of a day, is newly confused, or refuses her medicines.

For things that need a decision but are not urgent, such as the grab rail on page 3, we send a WhatsApp message the same day.

Not a medical diagnosis. This report records what our team measured and observed. It does not replace the advice of her own doctor.

Questions between reports? Call or WhatsApp **+234 902 455 5531** or email **hello@gentry.care**.

GENTRY ELDER CARE

SAMPLE

Monthly summary

October 2026 · four weeks, 5 October – 1 November

95%

of medicines taken

80 of 84 doses, 5 of them after a reminder. 4 missed, each reported to the nurse.

2

concerns flagged, both resolved

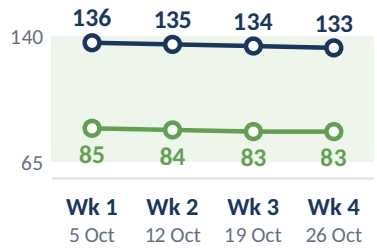
No falls and no hospital visits this month. Details below.

Four-week trends

Weekly averages, with her usual range shaded. Weeks begin on a Monday.

Blood pressure

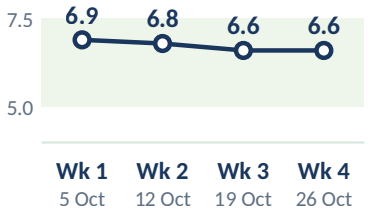
mmHg · top number navy, bottom green



▼ Easing slightly

Blood sugar

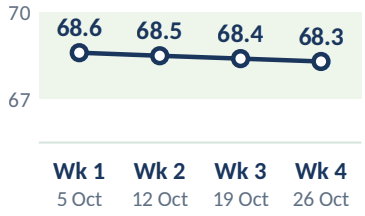
mmol/L, fasting



▼ Easing slightly

Weight

kg



= Steady

Mood and mobility

- **Mood.** Mostly cheerful, with two quiet days in week 2 after short nights' sleep.
- **Mobility.** Steady all month. Walking in the compound on most mornings, and no falls.

What was flagged, and how it was resolved

DATE	WHAT HAPPENED	HOW IT WAS RESOLVED
Fri 9 Oct	Evening blood pressure 152/92 and a mild headache.	Re-checked after rest: 140/88. GP review next day, arranged by Mr. Bello, with no change to medicines. Back in her usual range within 3 days.
Wed 21 Oct	Ate very little for two days; a tooth was sore.	Our nurse reviewed. Softer partner-kitchen meals and a dentist visit arranged with the family. Eating normally from Saturday 24 Oct.