

**介護・看護用タイムスケジュール表**  
**Care-giving/nursing time schedule**

保護者氏名 **Taro Minato**  
 Name of Parent/Guardian \_\_\_\_\_

児童氏名 **Hnako Minato** (生年月日20〇〇年〇月〇日)  
 Name of Child \_\_\_\_\_ (Date of birth: \_\_\_\_\_)

下記の申告内容は、[平均的な一週間の状況・②年 月 日から 年 月 日の実態]です。

※状況に応じて、①②のいずれかに○印のうえ記入してください。

The content indicated below is your ① average weekly schedule during ② the period of time from \_\_\_\_ (yyyy) \_\_\_\_ (mm) \_\_\_\_ (dd) to \_\_\_\_ (yyyy) \_\_\_\_ (mm) \_\_\_\_ (dd).

Use a circle to indicate both ① and ② according to your schedule.

	月/Mon.	火/Tues.	水/Wed.	木/Thurs.	金/Fri.	土/Sat.	日/Sun.
7時 7am							
8時 8am	Help grandmother with changing						
9時 9am	Help with bowel movement						
10時 10am	Help with breakfast						
11時 11am	Send off day service						
12時 Noon	Accompany grandmother to hospital	Accompany grandmother to hospital	〈Nursing care day off〉	Accompany grandmother to hospital	Accompany grandmother to hospital	〈Nursing care day off〉	Accompany grandmother to hospital
13時 1pm	Help grandmother with bowel movement						
14時 2pm	Help with lunch						
15時 3pm	(Break)						
16時 4pm	Help grandmother with bowel movement						
17時 5pm	Help with going out (Rehabilitation)	Help with bathing	Help with going out (Rehabilitation)	Help with bathing	Help with going out (Rehabilitation)	Help with bathing	Help with going out (Rehabilitation)
18時 6pm	Grandmother returns home						
19時 7pm	Pick up second daughter from nursery						
20時 8pm	Prepare dinner						
21時 9pm	Help grandmother with bowel movement						
22時 10pm	Help with meal						
23時 11pm	Help grandmother with bedtime preparations						

※介護・看護の時間・移動時間・そうでない時間(家事など)を区別し、具体的に記入してください。  
 ※Please provide concrete details, categorizing time for nursing care, movement from place to place, and others (housework, etc.).