

タイムスケジュール表

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 birty:)

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