Nutrition Concern Observation Sheet

Turn Vague Concerns Into Specific, Useful Observations

A structured way to record changes in eating, drinking, routines, and food access before follow-up.

A free resource from

The Caregiving Concierge™

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Nutrition Concern Observation Sheet

Print it · write it down · keep it handy

THIS RESOURCE IS FOR (NAME)

PRIMARY CAREGIVER

DATE STARTED

LAST UPDATED

1 START HERE

- [ ] What was normal for this person before?
- [ ] What is different now?
- [ ] When did you first notice the change?
- [ ] How often is it happening?

2 WORKSHEET / TRACKER

DATE	WHAT I NOTICED	HOW OFTEN	FOLLOW-UP	NOTES

Note: This is an observation and organization tool. It does not diagnose nutrition, hydration, swallowing, or other medical conditions.

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Notes · patterns · caregiver handoff

3 NOTES, PATTERNS & FOLLOW-UP

WHAT CHANGED FROM THE PERSON'S USUAL ROUTINE?

WHEN DID IT START / HOW OFTEN?

WHAT FOLLOW-UP HAS BEEN PLANNED?

QUESTIONS TO BRING TO THE CARE TEAM:

Sources & further reading

- National Institute on Aging - Healthy Aging Tips for Older Adults
- USDA MyPlate - Healthy Eating for Older Adults

Educational and organizational only. Follow individualized instructions from qualified professionals.

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