

Sources by Fact

Care Partner's Log: A Daily Record for the Person Giving Care.
Book 8 of The Sitting Room Series.

This list matches each fact in the book to its sources, chapter by chapter. The book itself lists each source once, with the chapters that use it. Websites were checked in October 2026. Pages move and change, so search for the title if a web address no longer works.

1. Who This Log Is For and How to Use It

Many older people have bacteria in the urine without infection, so a urine test alone does not settle it, and other causes of confusion should be checked

Kenneth Lin, "Asymptomatic Bacteriuria: Updated Guidelines from IDSA." American Family Physician, July 15, 2020.
aafp.org/pubs/afp/issues/2020/0715/p99.html

Bring all medicines or a full list, a written list of questions shared at the start of the visit, and a notebook to record what the provider says

MedlinePlus, U.S. National Library of Medicine. "Caregiving - taking your loved one to the doctor."
medlineplus.gov/ency/patientinstructions/000953.htm

A licensed Georgia home care provider must document the services it performs for each client each day

Rules of the Georgia Department of Community Health. Ga. Comp. R. & Regs. 111-8-65-.10, Private Home Care Providers.

A person has the right to see and get a copy of their own health records

Code of Federal Regulations. "45 CFR 164.524, Access of individuals to protected health information." [ecfr.gov/current/title-45/subtitle-A/subchapter-C/part-164/subpart-E/section-164.524](https://www.ecfr.gov/current/title-45/subtitle-A/subchapter-C/part-164/subpart-E/section-164.524)

A provider may, but need not, share information directly relevant to a family member's involvement in care unless the person objects, and uses professional judgment when the person cannot decide

Code of Federal Regulations. "45 CFR 164.510, Uses and disclosures requiring an opportunity for the individual to agree or to object." [ecfr.gov/current/title-45/subtitle-A/subchapter-C/part-164/subpart-E/section-164.510](https://www.ecfr.gov/current/title-45/subtitle-A/subchapter-C/part-164/subpart-E/section-164.510)

U.S. Department of Health and Human Services, Office for Civil Rights. "Sharing Health Information with Family Members and Friends." [hhs.gov/hipaa/for-individuals/family-members-friends/index.html](https://www.hhs.gov/hipaa/for-individuals/family-members-friends/index.html)

2. When to Call

Sudden stroke signs: trouble walking, dizziness, loss of balance; trouble seeing; numbness or weakness, especially on one side; confusion, trouble speaking or understanding speech; severe headache with no known cause; call 911, note the time, do not drive to the hospital

Centers for Disease Control and Prevention. "Signs and Symptoms of Stroke." [cdc.gov/stroke/signs-symptoms/index.html](https://www.cdc.gov/stroke/signs-symptoms/index.html)

Danger signs after a blow to the head that call for 911; checking an older adult after a fall; blood thinners, including aspirin, raise the risk of bleeding in the brain

Centers for Disease Control and Prevention. "Still Going Strong: Information for Caregivers."

cdc.gov/still-going-strong/caregivers

The wrong medicine or too much of one: Poison Help, 1-800-222-1222, 24 hours a day

Health Resources and Services Administration. "Poison Help."

poisonhelp.hrsa.gov

Call 911 instead if a person stops breathing, collapses, or has a seizure

Massachusetts Department of Public Health. "When to Call the Poison Control Center, and When to Call 911." mass.gov/info-details/when-to-call-the-poison-control-center-and-when-to-call-911

If the person is on hospice, contact the hospice team before emergency room, inpatient, or ambulance services related to the terminal illness, or the family might have to pay the entire cost

Medicare.gov. "Hospice Care."

medicare.gov/coverage/hospice-care

Georgia's POLST form, developed by the Georgia Department of Public Health

Georgia Department of Public Health. "Physician Orders for Life-Sustaining Treatment (POLST)." dph.georgia.gov/POLST

Sudden confusion (delirium) has many causes, including infections, medicines, and body chemistry; a rapid change in mental status calls for a health care provider

MedlinePlus, U.S. National Library of Medicine. "Delirium."
medlineplus.gov/ency/article/000740.htm

Low blood sugar is below 70 mg/dL; its signs include trouble thinking clearly; a person who is not alert or cannot be woken up is a medical emergency; 15 grams of fast sugar and recheck in 15 minutes; another 15 grams if still below 70; a snack if the next meal is more than an hour away; ask the provider for the person's own plan, including glucagon; get help if the person cannot stay alert or signs persist

MedlinePlus, U.S. National Library of Medicine. "Low blood sugar - self-care."
medlineplus.gov/ency/patientinstructions/000085.htm

Six in 10 people living with dementia will wander at least once; keep a recent close-up photo; search nearby at once, many are found within 1.5 miles; if not found within 15 minutes, call 911 and say the person has dementia

Alzheimer's Association. "Wandering."
alz.org/help-support/caregiving/safety/wandering

More than one in four older people falls each year, and fewer than half tell their doctor

Centers for Disease Control and Prevention. "Older Adult Falls Data." cdc.gov/falls/data-research/facts-stats/index.html

Tell the provider about new symptoms, changes in appetite, weight, sleep, or energy, and medicine side effects

MedlinePlus, U.S. National Library of Medicine. "Caregiving - taking your loved one to the doctor."

medlineplus.gov/ency/patientinstructions/000953.htm

Unintentional weight loss of 10 pounds or 5 percent over 6 to 12 months or less

MedlinePlus, U.S. National Library of Medicine. "Weight loss - unintentional." medlineplus.gov/ency/article/003107.htm

Heart failure: call for a gain of more than 2 pounds in a day or 5 pounds in a week, new swelling in the feet, ankles, or legs, new shortness of breath when sitting or with ordinary activity, or needing to sit up or use more pillows at night; weigh each morning on the same scale

MedlinePlus, U.S. National Library of Medicine. "Heart failure - discharge."

medlineplus.gov/ency/patientinstructions/000114.htm

Check the skin daily when at risk of pressure sores, and call for a sore or change that lasts or becomes painful, warm, or draining; redness is harder to see on darker skin

MedlinePlus, U.S. National Library of Medicine. "Preventing pressure ulcers."

medlineplus.gov/ency/patientinstructions/000147.htm

A change in bowel habits is worth checking with the provider

MedlinePlus, U.S. National Library of Medicine. "Constipation." medlineplus.gov/constipation.html

Signs of dehydration, and when to call 911

MedlinePlus, U.S. National Library of Medicine. "Dehydration."
medlineplus.gov/ency/article/000982.htm

Call the provider when a medicine may be causing behavior changes, or when the person may not be safe at home

MedlinePlus, U.S. National Library of Medicine. "Dementia - behavior and sleep problems."
medlineplus.gov/ency/patientinstructions/000029.htm

Adult Protective Services, the Eldercare Locator, and NAPSA's directory

U.S. Administration for Community Living. "What If I Suspect Abuse, Neglect, or Exploitation?" acl.gov/programs/protection-and-advocacy-systems/what-if-i-suspect-abuse-neglect-or-exploitation

Eldercare Locator, U.S. Administration for Community Living. "Contact Information."

eldercare.acl.gov/Public/About/Contact_Info/Index.aspx

National Adult Protective Services Association. "Help in Your Area." napsa-now.org/help-in-your-area

Georgia: Adult Protective Services, option 3, weekdays 8 a.m. to 7 p.m., and the online form

Georgia Department of Human Services, Division of Aging Services. "Adult Protective Services."

aging.georgia.gov/adult-protective-services

State of Georgia. "Report Elder Abuse." [Georgia.gov](https://georgia.gov/report-elder-abuse), last updated June 2026. georgia.gov/report-elder-abuse

Georgia: complaints about providers licensed through DCH Healthcare Facility Regulation, 1-800-878-6442, weekdays 8 a.m. to 5 p.m., and online; abuse in long-term care facilities goes there

Georgia Department of Community Health. "Healthcare Facility Regulation: Complaints." dch.georgia.gov/node/9751

State of Georgia. "Report Elder Abuse." [Georgia.gov](https://georgia.gov/report-elder-abuse), last updated June 2026. georgia.gov/report-elder-abuse

988 by call, text, or chat, any hour

988 Suicide and Crisis Lifeline. "Get Help."

988lifeline.org/get-help

Alzheimer's Association Helpline, 800-272-3900, around the clock

Alzheimer's Association. "24/7 Helpline."

alz.org/help-support/resources/helpline

3. The Person and the Care

Heart failure: the provider may ask for fluids to be limited

MedlinePlus, U.S. National Library of Medicine. "Heart failure - discharge."

medlineplus.gov/ency/patientinstructions/000114.htm

4. Medicines

Keep a list of every medicine, including over-the-counter medicines, vitamins, and supplements, and bring it to every visit

MedlinePlus, U.S. National Library of Medicine. "Taking multiple medicines safely."

medlineplus.gov/ency/patientinstructions/000883.htm

MedlinePlus, U.S. National Library of Medicine. "Caregiving - taking your loved one to the doctor."

medlineplus.gov/ency/patientinstructions/000953.htm

What a medicine record holds

U.S. Food and Drug Administration. "My Medicine Record" (Form FDA 3664). fda.gov/media/73856/download

Do not cut back or stop a medicine without talking to the provider; pillboxes, routines, and alarms

MedlinePlus, U.S. National Library of Medicine. "Taking medicine at home - create a routine."

medlineplus.gov/ency/patientinstructions/000613.htm

MedlinePlus, U.S. National Library of Medicine. "Taking multiple medicines safely."

medlineplus.gov/ency/patientinstructions/000883.htm

Ask before splitting a tablet; many timed-release medicines must not be split; find out before crushing or chewing

U.S. Food and Drug Administration. "Tablet Splitting."

fda.gov/drugs/buying-using-medicine-safely/tablet-splitting

Institute for Safe Medication Practices,

ConsumerMedSafety.org. "Do Not Crush."

consumermedsafety.org

6. Appointments and Hospital Stays

Bring a written list of questions and share it at the start of the appointment; record what the provider says

MedlinePlus, U.S. National Library of Medicine. "Caregiving - taking your loved one to the doctor."

medlineplus.gov/ency/patientinstructions/000953.htm

9. For You

Signs of caregiver stress

National Institute on Aging. "Taking Care of Yourself: Tips for Caregivers." nia.nih.gov/health/caregiving/taking-care-yourself-tips-caregivers

The National Family Caregiver Support Program and what it pays for, through Area Agencies on Aging

U.S. Administration for Community Living. "National Family Caregiver Support Program." acl.gov/programs/support-caregivers/national-family-caregiver-support-program

U.S. Administration for Community Living. "National Family Caregiver Support Program Evaluation: Final Report, Executive Summary." acl.gov/sites/default/files/programs/2017-02/NF_CSP_Final_Report-executive-summary.pdf

Eldercare Locator, U.S. Administration for Community Living. "Contact Information."

eldercare.acl.gov/Public/About/Contact_Info/Index.aspx

Adult day programs give care during the day and a break for the caregiver

Eldercare Locator, U.S. Administration for Community Living. "Adult Day Care." eldercare.acl.gov

The ARCH National Respite Locator

ARCH National Respite Network and Resource Center.
"National Respite Locator."
archrespite.org/caregiver-resources/respitelocator

Hospice inpatient respite, up to 5 days at a time, on an occasional basis; you may pay 5 percent of the Medicare-approved amount

Centers for Medicare & Medicaid Services. Medicare Hospice Benefits. March 2026. [medicare.gov/publications/02154-medicare-hospice-benefits.pdf](https://www.medicare.gov/publications/02154-medicare-hospice-benefits.pdf)

Medicare Part B covers caregiver training services when conditions apply; 20 percent coinsurance after the Part B deductible

Medicare.gov. "Caregiver Training Services."
[medicare.gov/coverage/caregiver-training-services](https://www.medicare.gov/coverage/caregiver-training-services)

The GUIDE Model pays for respite for qualifying caregivers, through participating dementia care programs

Centers for Medicare & Medicaid Services. "Guiding an Improved Dementia Experience (GUIDE) Model."
[cms.gov/priorities/innovation/innovation-models/guide](https://www.cms.gov/priorities/innovation/innovation-models/guide)

VA Caregiver Support Line, 1-855-260-3274, weekdays 8 a.m. to 8 p.m. Eastern

U.S. Department of Veterans Affairs. "VA Caregiver Support Program." [caregiver.va.gov](https://www.caregiver.va.gov)

FMLA: up to 12 weeks of leave for eligible employees to care for a spouse, child, or parent; parents-in-law not included

U.S. Department of Labor, Wage and Hour Division. "Family and Medical Leave Act." dol.gov/agencies/whd/fmla

U.S. Department of Labor, Wage and Hour Division. "Fact Sheet #28F: Reasons that Workers May Take Leave under the FMLA." dol.gov/agencies/whd/fact-sheets/28f-fmla-qualifying-reasons

Georgia caregiver services through the Area Agency on Aging

Georgia Department of Human Services, Division of Aging Services. "Caregiving." aging.georgia.gov/tools-resources/caregiving

Georgia's Elderly and Disabled Waiver programs, CCSP and SOURCE, include Structured Family Caregiving, for a live-in unpaid family caregiver when the person needs at least five hours of personal support a day

Georgia Department of Community Health. "Elderly and Disabled Waiver Program." medicaid.georgia.gov

Georgia Department of Community Health. "Structured Family Caregiving." dch.georgia.gov/document/document/structured-family-caregiving/download

Georgia caregiver services through the Aging and Disability Resource Connection, 1-866-552-4464, option 2

Georgia Department of Human Services, Division of Aging Services. "Aging and Disability Resource Connection." aging.georgia.gov/contacts/aging-and-disability-resource-connection

988 by call, text, or chat, any hour; the Alzheimer's Association Helpline

988 Suicide and Crisis Lifeline. "Get Help."

988lifeline.org/get-help

Alzheimer's Association. "24/7 Helpline."

alz.org/help-support/resources/helpline

Where to Get Help

Eldercare Locator number and hours

Eldercare Locator, U.S. Administration for Community Living.

"Contact Information."

eldercare.acl.gov/Public/About/Contact_Info/Index.aspx

Eldercare Locator, U.S. Administration for Community Living.

"About." eldercare.acl.gov/Public/About/Index.aspx

988 by call, text, or chat

988 Suicide and Crisis Lifeline. "Get Help."

988lifeline.org/get-help

Substance Abuse and Mental Health Services Administration.

"Crisis Help." Updated June 3, 2026.

samhsa.gov/find-support/in-crisis

Alzheimer's Association Helpline

Alzheimer's Association. "24/7 Helpline."

alz.org/help-support/resources/helpline

Finding the state ombudsman program; the Georgia number

National Consumer Voice for Quality Long-Term Care. "Get Help: Long-Term Care Ombudsman Program" state directory. theconsumervoice.org/get_help

Georgia Department of Human Services, Division of Aging Services. "Long-Term Care Ombudsman Program." aging.georgia.gov/node/86

Adult Protective Services through the Eldercare Locator or NAPSAs; Georgia routes

U.S. Administration for Community Living. "What If I Suspect Abuse, Neglect, or Exploitation?" acl.gov/programs/protection-and-advocacy-systems/what-if-i-suspect-abuse-neglect-or-exploitation

National Adult Protective Services Association. "Help in Your Area." napsa-now.org/help-in-your-area

State of Georgia. "Report Elder Abuse." [georgia.gov](http://georgia.gov/report-elder-abuse), last updated June 2026. georgia.gov/report-elder-abuse

Georgia Department of Human Services, Division of Aging Services. "Adult Protective Services." aging.georgia.gov/adult-protective-services

Abuse in a care home: Georgia's Healthcare Facility Regulation complaint line and online form

Georgia Department of Community Health. "Healthcare Facility Regulation: Complaints." dch.georgia.gov/node/9751

A nursing home must post the numbers of the state licensure office, the ombudsman program, and other state agencies

Code of Federal Regulations. "42 CFR 483.10, Resident rights." e-cfr.gov/current/title-42/chapter-IV/subchapter-G/part-483/subpart-B/section-483.10

Poison Help, 1-800-222-1222, any hour

Health Resources and Services Administration. "Poison Help."
poisonhelp.hrsa.gov

VA Caregiver Support Line

U.S. Department of Veterans Affairs. "VA Caregiver Support
Program." caregiver.va.gov