



# Shepherd Center

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## Turn Schedule

This assignment is designed to help you or a caregiver organize your turn schedule for when you go to bed at night or while in bed for extended periods of time. Print this worksheet and shade in the appropriate columns for turn times. An example is included in Table 1. Table 2 is your worksheet.

**Table 1: Sample Turn Schedule**

Time	Left Side	Right Side	Back	Stomach	Who Will Help?	Comments
12 am					Brother	
1 am						
2 am						
3 am						
4 am					Attendant	
5 am						
6 am						
7 am						
8 am					Wife	Get up
9 am						
10 am						In chair
11 am						
12 pm						In chair
1 pm						
2 pm					Brother	To bed for rest period
3 pm						
4 pm					Attendant	In chair
5 pm						
6 pm						In chair
7 pm						
8 pm						Get ready for bed
9 pm						
10 pm					Wife	
11 pm						

**Table 2: Turn Schedule when in Bed**

<b>Time</b>	<b>Left Side</b>	<b>Right Side</b>	<b>Back</b>	<b>Stomach</b>	<b>Who Will Help?</b>	<b>Comments</b>
12 am						
1 am						
2 am						
3 am						
4 am						
5 am						
6 am						
7 am						
8 am						
9 am						
10 am						
11 am						
12 pm						
1 pm						
2 pm						
3 pm						
4 pm						
5 pm						
6 pm						
7 pm						
8 pm						
9 pm						
10 pm						
11 pm						