

# My Silver Diary

## A Daily Activity Journal and Personal Contact Manager

I first recognized the need for a diary just for seniors when one of my clients, a nursing home resident, told me he wished I would stop asking questions because he could no longer remember. It frightened him to know that his memory was failing and he felt helpless.

Others have told me they don't know their doctor's name or what medicines they are taking. Some don't know their family members' addresses or phone numbers and don't have them written down where they can find them. Some can't tell you today's date or the season of the year, what they did yesterday, or what is happening in the world around them. It isn't that this information is being kept from them. They forget. Or they don't know where to look. Often, the only way to get the information they need is to ask someone else, who may or may not be able or willing to help. Imagine what that must be like.

I created My Silver Diary to address these kinds of situations as well as others that tend to present themselves repeatedly. It is a unique combination daily diary, address book, and a lot more. I see it as an extension of its user's brain, not unlike the kinds of things we all use every day to help us remember what we need to do in order to keep our lives running smoothly. My Silver Diary makes it easy and convenient for its users to record and retrieve information that is important to them. It provides simple guides that enable them to log current events, participation in daily activities, and thoughts for each day. It helps them keep track of the names, addresses, and phone numbers of the most important people in their lives. What would that be worth to you if you found yourself in a similar situation?

My Silver Diary was initially designed and intended for use by residents of nursing homes, personal care homes, and assisted living centers because these were the settings with which I was most familiar and where I perceived the greatest need to be. However, there is nothing about My Silver Diary that would limit its use to these settings. Its design is intentionally simple and is particularly tailored to meet the needs of any adult who may be having mild to moderate difficulty with memory, hearing, vision, or speech. The extra large writing spaces are gentle to hands that may not be as steady, and eyes that may not be as sharp as they once were.

My Silver Diary requires the active participation of its owners/users and therefore will not be appropriate for everyone. In some instances, however, even when the intended user is unable or unwilling to use it, entries made by family members may still be of great value. My Silver Diary is an important new tool for use in the fight against the scourges of loneliness, helplessness, and boredom. Despite its outwardly simple appearance, the principles that underlie its conception and development contain the potential for immeasurable benefit to its intended users, their families, and caregivers.

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The following pages contain the second pdf version of My Silver Diary (Version 2.0). It consists of the essential elements of the original published version as well as the following improved and/or additional content pages:

- New unformatted diary pages
- Staff Roster
- Visitor Log
- Meal Times
- Time Tracker
- Weight Tracker
- Map

In order to have a fully functional diary you will need to print it out and then make additional copies of some of the pages. I suggest that you place your printed pages in a three ring binder and custom design your copy by adding your own content such as an activity calendar, newsletter, photographs, or even a personalized cover.

The original version of My Silver Diary, first published in April, 2003 by Trafford Publishing is also available for sale and makes a very thoughtful and practical gift. It is spiral bound and has colorful front and back covers and a fancy silver background on the inside pages. Sales of MSD 2.0 and My Silver Diary help to finance my continuing efforts to maintain and add useful content to my web site.

Thank you again for your interest in My Silver Diary. I hope you find it as useful as I have intended it to be. I would appreciate any feedback you may have regarding your experience with your diary. Your input will go a long way toward helping me improve the quality of my work.

Jack Considine MSW

[jack@mysilverdiary.com](mailto:jack@mysilverdiary.com)

[www.MySilverDiary.com](http://www.MySilverDiary.com)

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# **My Silver Diary**

MSD version 2.0

**Created by Jack Considine MSW September, 2005**

MSD version 2.0

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Do you have an idea that you believe could improve My Silver Diary? Would you like to share a personal experience you have had in the course of using My Silver Diary? I would like to hear from you.

e-mail the author: [jack@mysilverdiary.com](mailto:jack@mysilverdiary.com)

**You may purchase the full spiral bound version of this book from Trafford Publishing by going to [www.MySilverDiary.com](http://www.MySilverDiary.com) on the web, or call Trafford Publishing toll-free at 888-232-4444.**

# **My Silver Diary**

## **A Daily Activity Journal and Personal Contact Manager**

Welcome to My Silver Diary, a refreshingly simple and easy to use daily activity journal and personal contact manager developed especially for you.

More than a daily diary and address book, My Silver Diary consists of simple page layouts that help you store important information about your family, friends, and professional contacts; diet, allergies and medication; and personal preferences and interests all in a single bound volume.

My Silver Diary includes guides for recording your daily experiences and prompts you to write brief notes about the weather, events in the news, and activities and thoughts for each day.

My Silver Diary accommodates one full year of daily journal entries. Actual dates have not been printed so you can begin using your diary the day you receive it and make your entries as often as you like.

This diary has been designed to accommodate one full year of daily journal entries. Its layout enables you to view a single week at a time. Actual dates have not been preprinted so that you can begin using your diary immediately, and make your entries as often as you like.

# My Silver Diary

This Silver Diary Belongs To

My Name

My Address

My Telephone Number

Date of First Use

# My Family

Name

Address

Telephone Number

Name

Address

Telephone Number

Name

Address

Telephone Number

Name

Address

Telephone Number

Name

Address

Telephone Number

# My Friends

Name

Address

Telephone Number

Name

Address

Telephone Number

Name

Address

Telephone Number

Name

Address

Telephone Number

Name

Address

Telephone Number

# My Doctors and Other Helpers

Name
Specialty
Telephone Number

Name
Specialty
Telephone Number

Name
Specialty
Telephone Number

Name
Specialty
Telephone Number

Name
Specialty
Telephone Number

# Other Contacts

Name
Address
Telephone Number

Name
Address
Telephone Number

Name
Address
Telephone Number

Name
Address
Telephone Number

Name
Address
Telephone Number







# My Silver Diary

Date
Today's Weather
Today's News
Something I Did
My Thoughts

Date
Today's Weather
Today's News
Something I Did
My Thoughts

Date
Today's Weather
Today's News
Something I Did
My Thoughts

Date
Today's Weather
Today's News
Something I Did
My Thoughts

# My Silver Diary

Date
Today's Weather
Today's News
Something I Did
My Thoughts

Date
Today's Weather
Today's News
Something I Did
My Thoughts

Date
Today's Weather
Today's News
Something I Did
My Thoughts

Notes

# My Silver Diary

Date

Date

Date

Date

# My Silver Diary

Date

Date

Date

Notes



# Staff Roster

Position

Name

Administrator

Assistant Administrator

Director of Nursing

Assistant DON

Social Work Director

Activity Director

Food Services Director

Maintenance Director

Housekeeping Director

Business Office Manager

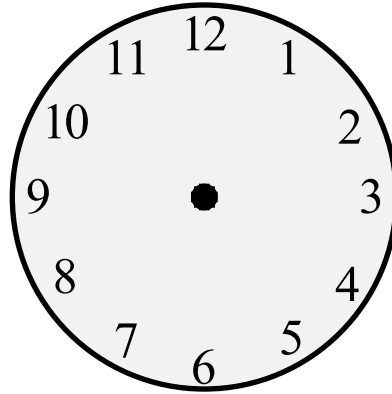
Medical Records Director

Volunteer Services

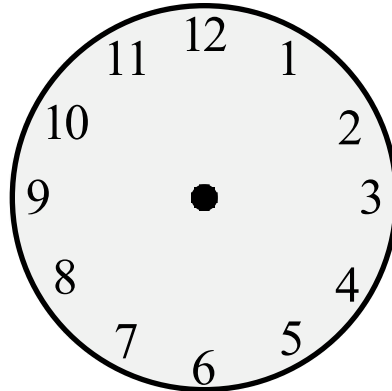


# Meal Times

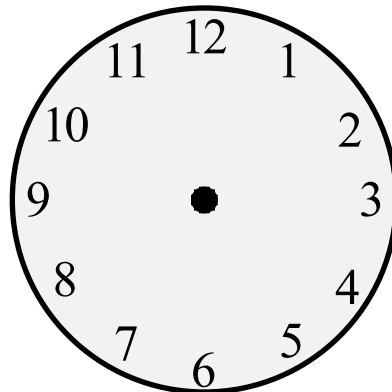
Breakfast



Lunch



Dinner







# Map



**End**