



NAME: _____ DATE: _____

WHAT IS GOING ON IN MY LIFE?

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HOW WOULD TAKING SHORT BREAKS HELP?

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MAKING SHORT BREAKS HAPPEN:

What would I do if I had a break from caregiving?

Who would I spend time with during a break from caregiving?

What needs to be in place so I am comfortable leaving the person I am caring for?





What's Working?

List past experiences where taking a break was successful or helpful

What Would It Take?

List current or future life experiences or goals that will continue to support your good life vision

List Past experiences where taking a break didn't work out well

List what might make it hard to take a break from caregiving

Vision for a Good Life

For the care recipient

For the caregiver

Vision for good respite

What We Don't Want

For the care recipient

For the caregiver

Not good respite

