



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

