



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

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

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

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

