



**Charting the LifeCourse**  
Framework and Tools

# Charting the LifeCourse

## A Person-Centered Approach for Respite Planning

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April 3, 2025

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

# About Jane

- Mom of 3 sons, “Ben’s mom”
- Wife, mom, Grandma, daughter, sister
- CtLC Nexus at UMKC-Institute for Human Development, UCEDD
  - Lead Product Developer
  - Trainer/Coordinator of SDM activities



# Objectives for Today

- Challenge how we think about short breaks
- Introduce LifeCourse tools for Respite
- Explore planning for short breaks through an interactive activity



# Charting the LifeCourse

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# What is Charting the LifeCourse?

Created for people and families of all abilities and all ages to:

- *Explore life possibilities and discover options*
- *Problem-Solve to find solutions and identify resources*
- *Plan Goals and Action Steps for Now and the Future*
- *Advocate and navigate for a vision*
- *Access a variety of integrated supports*



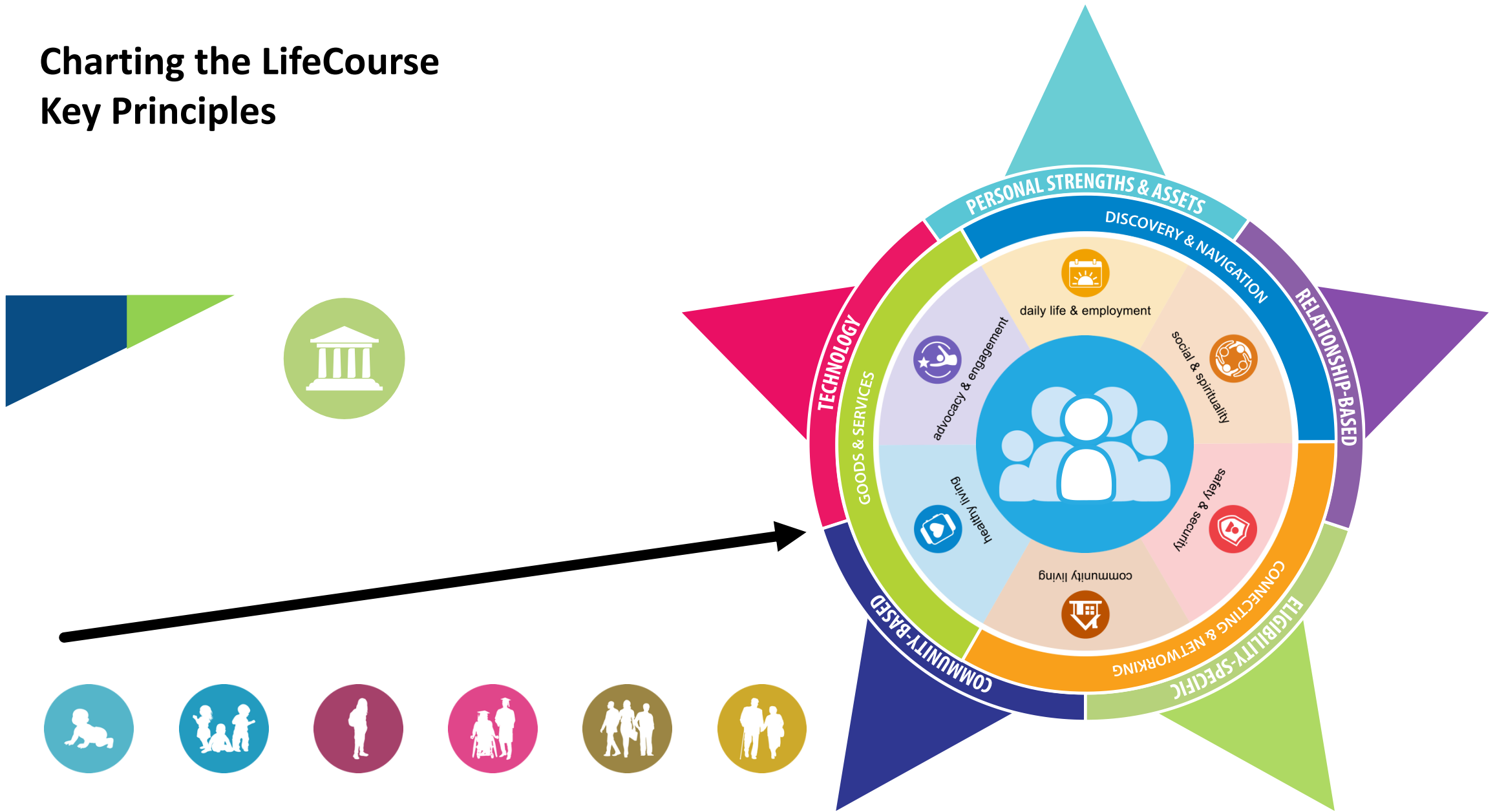
# CORE BELIEF

All people and their families  
have the right to live, love, work,  
play, and pursue their life  
aspirations in their community.



# Charting the LifeCourse

## Key Principles



# Respite: Setting the Stage

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Beyond traditional understanding



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# Traditional Respite Definition

- Paid service
  - Outside family home
  - Formal care facility setting
  - Community based respite program
- OR
  - In-home with paid professionals



# Respite: Practical Application

- “Coordinated systems of community-based respite for family caregivers of children or adults regardless of special need.”\*
- Short breaks that benefit both the caregiver and care recipient
- Can be in a variety of settings, including in-home, community places and more
- Respite can be a “formal service” or informal supports

\*Lifespan Respite Care Act

wellness

short breaks

*rest and recharge*

friends

*trusted places  
and people*

extended family

*balance*

# Doing Everyday Things

*Sometimes caregivers need respite to handle some kind of business....*

**Caregiver may need short breaks to work on these kinds of things:**

- Medical appointments
- Grocery shopping
- “Fighting city hall”
- Handling household issues
- Paying bills
- Job obligations



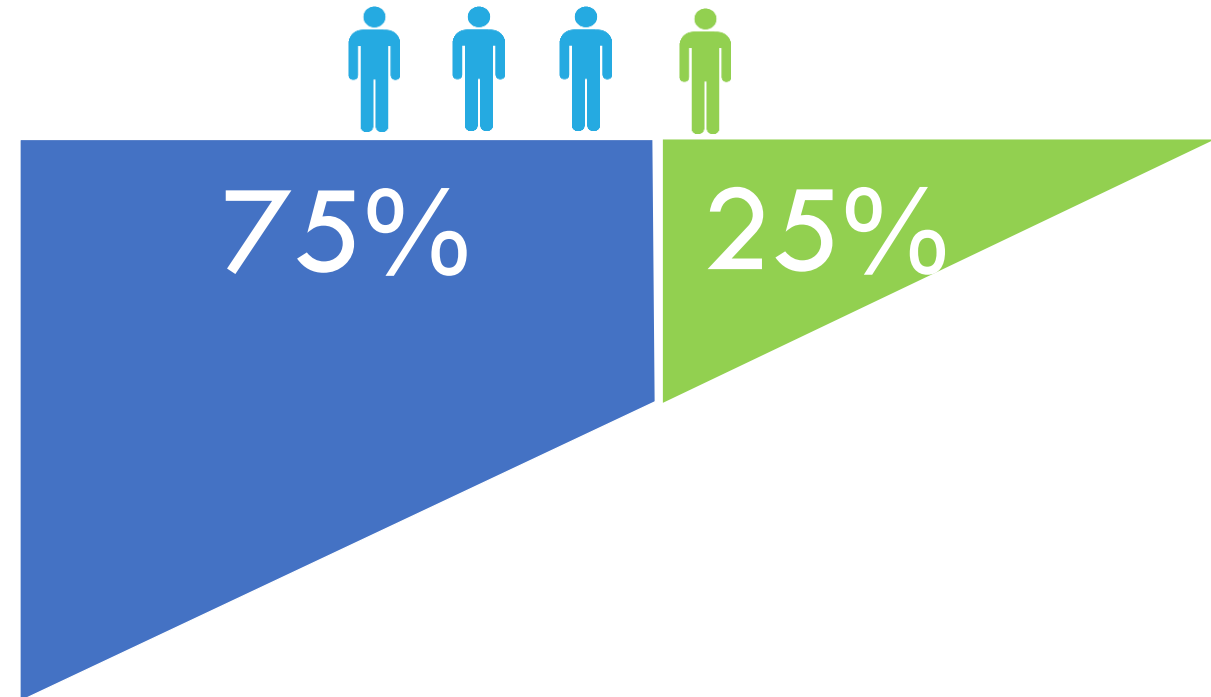
# Changing Roles

## May not recognize, acknowledge, or identify as a caregiver

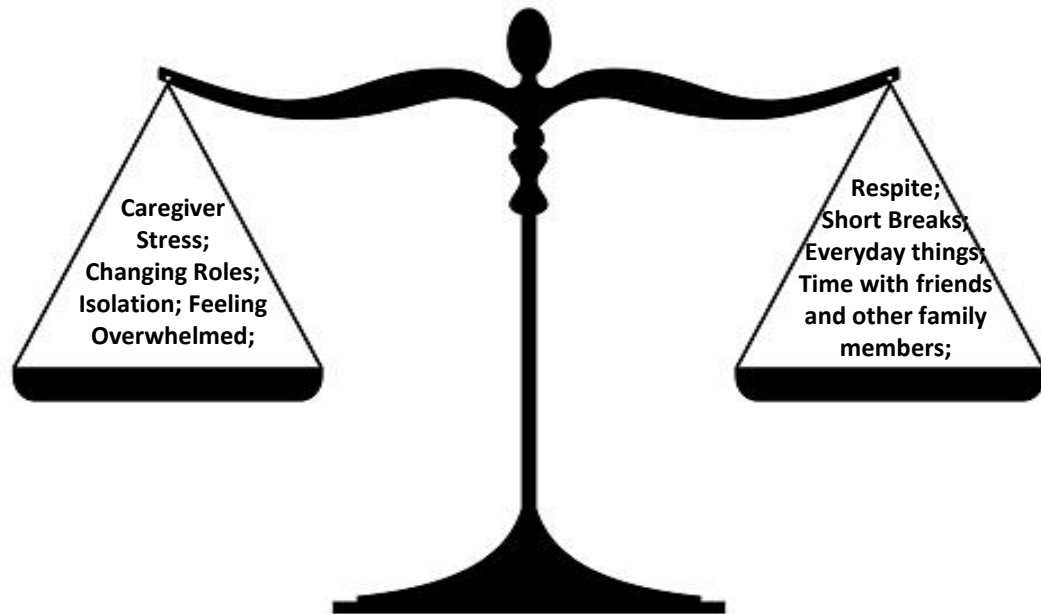
- Change in roles (for example, caring for a spouse or aging parent)
- Not acknowledging the “extra” care, beyond the typical role
- Not recognizing the stress and “overwhelm”

# Why Think Differently About Respite?

- Not everyone gets respite funding – think about the ALL
- Respite funds are often very limited – how can we make them stretch?
- Short breaks don't have to be a formal service – how do we incorporate into everyday life?



# Finding Balance



Caregiving can be:

- Rewarding
- Stressful
- Overwhelming

Important to find  
**BALANCE**

# Why Respite is Important

Research shows that respite, which is **personalized** and **purposely planned**, benefits not only caregivers, but all family members, including siblings or a spouse or partner.



# Benefits of Respite

## Caregiver:

- Rest and recharge
- Relieve caregiver stress
- Spend time with other family member(s)
- Catch up with friends
- Do things they enjoy

## Care Recipient:

- Break from caregiver
- Chance to spend time with others or do things they enjoy

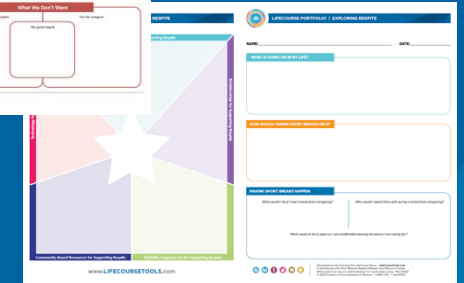
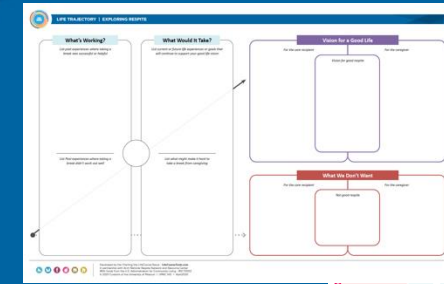
# “Good Respite for All”



**The Care Recipient** will have greater independence by spending time away from caregiver, improved interactions with caregiver (due to decreased stress), increased happiness and self-esteem.



**Caregivers** will be supported to take planned short breaks where they can focus on self care, spend time with friends or other family members, read a book, do everyday things, or just relax and re-charge.



# Charting the LifeCourse Respite Guide and Tools



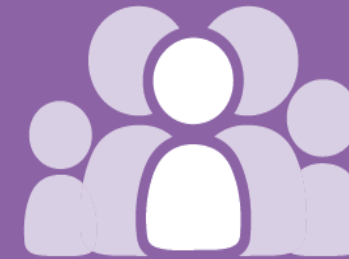
[www.lifecoursetools.com](http://www.lifecoursetools.com)

# Respite Guide

<https://www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/respite/>

- Free to download and use

## Charting the LifeCourse



### Respite: Short Breaks for Caregivers

Being a caregiver can be one of the most rewarding and most challenging times we face. In order to continue to care for family members who require additional support, we must remember to care for ourselves as well.

This guide is meant to help caregivers and those who support them to understand the meaning and importance of respite/short breaks, see real life examples, understand the possibilities and options that exist for respite, within and outside the formal, paid service system, and create a successful plan that uses these short breaks to enhance the lives of all family members.

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#### LIFE DOMAIN



ALL Life Domains

#### LIFE STAGE



ALL Stages

#### DEVELOPED BY

**MISSOURI**  
FAMILY TO FAMILY  
UMKC INSTITUTE FOR HUMAN DEVELOPMENT | UCEDD

#### IN PARTNERSHIP WITH

**ARCH**  
**National**  
**Respite**  
**Network**  
And Resource Center

# LifeCourse Portfolio: Exploring Respite

**LIFECOURSE PORTFOLIO | EXPLORING RESPITE**

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**WHAT IS GOING ON IN MY LIFE?**

\_\_\_\_\_

**HOW WOULD TAKING SHORT BREAKS HELP?**

\_\_\_\_\_

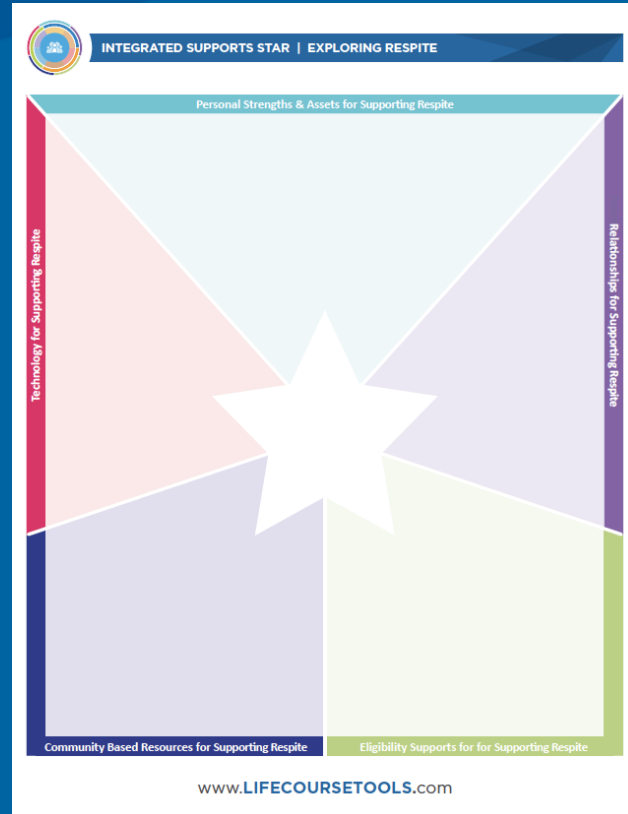
**MAKING SHORT BREAKS HAPPEN:**

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? \_\_\_\_\_

Developed by the Charting the LifeCourse Nexus - [LifeCourseTools.com](http://LifeCourseTools.com)  
 In partnership with Arch National Respite Network and Resource Center  
 With funds from the U.S. Administration for Community Living - 90L10002  
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**LIFE TRAJECTORY | EXPLORING RESPITE**

**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: \_\_\_\_\_

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# Respite One-Page Description

## *Why Use This Tool?*

- Get to know more about the caregiver
- Begin to build trust and relationship



LIFECOURSE PORTFOLIO | EXPLORING RESPITE

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**WHAT IS GOING ON IN MY LIFE?**


**HOW WOULD TAKING SHORT BREAKS HELP?**

**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?*

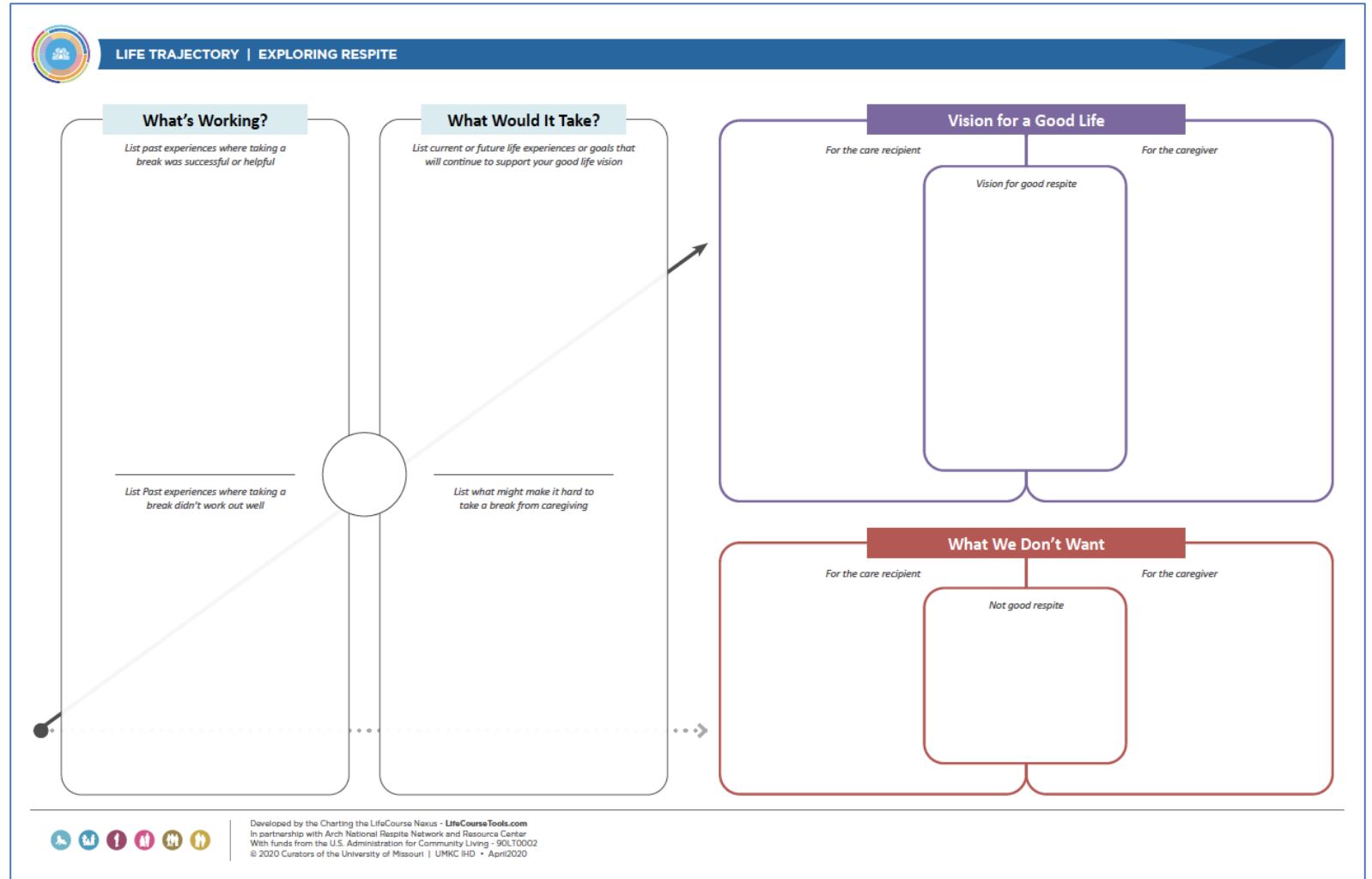
*What needs to be in place so I am comfortable leaving the person I am caring for?*

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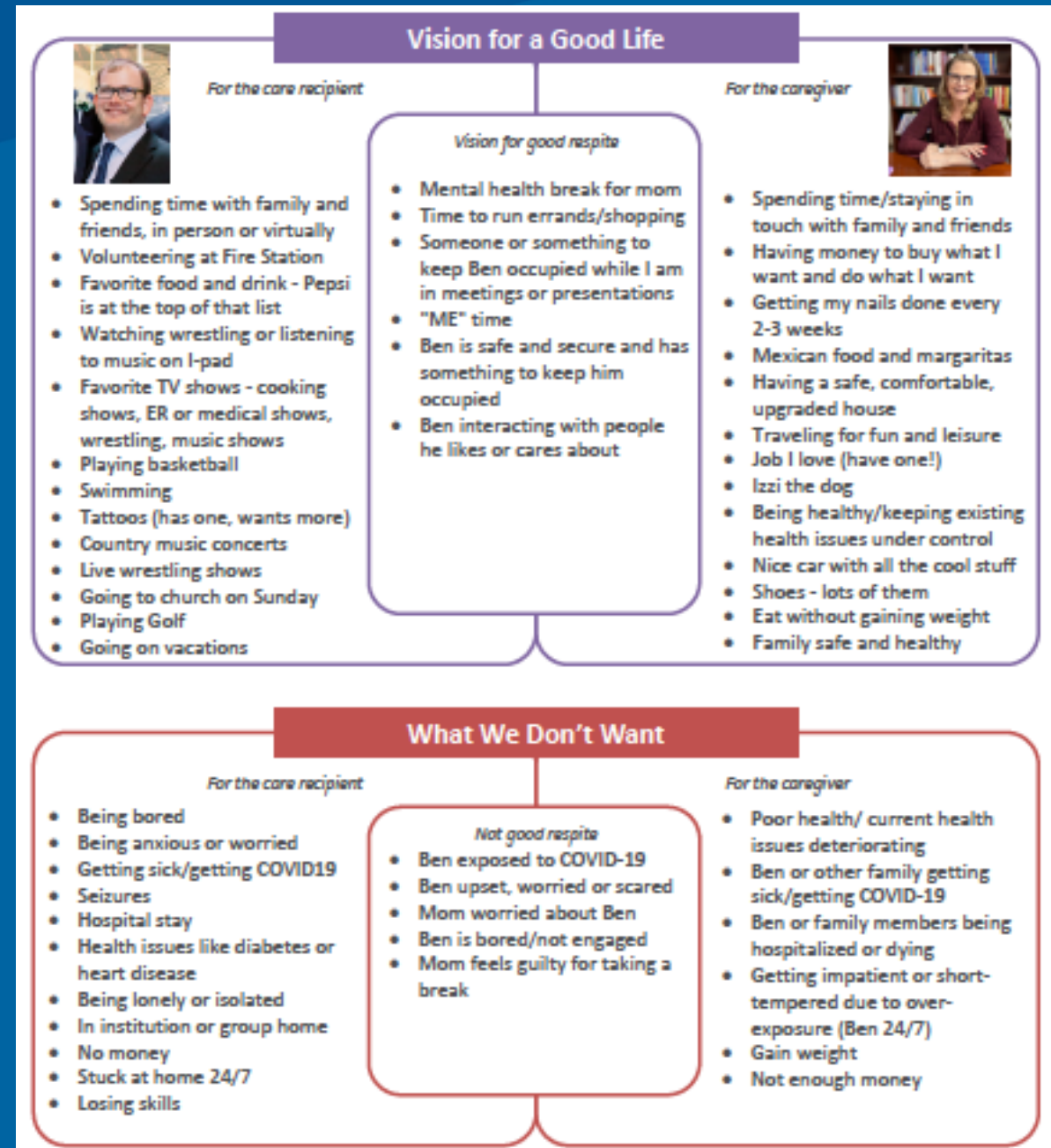
# Why Use the Respite Trajectory?

- Learn about vision, fears, barriers
- Identify goals for caregiver and care recipient for short breaks/life



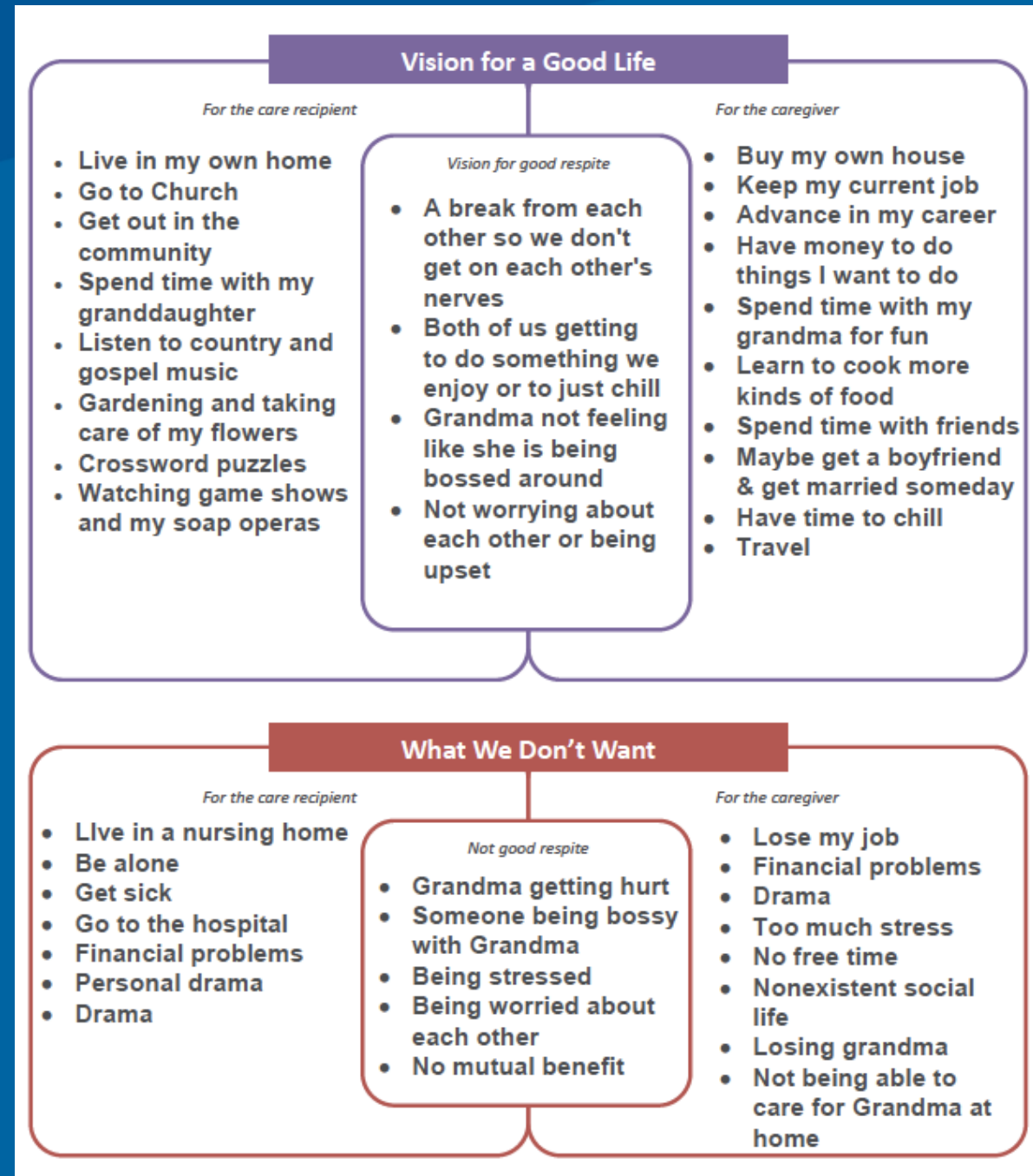
# Ben & Jane's Vision for Good Life and Good Respite

And what we  
don't want....



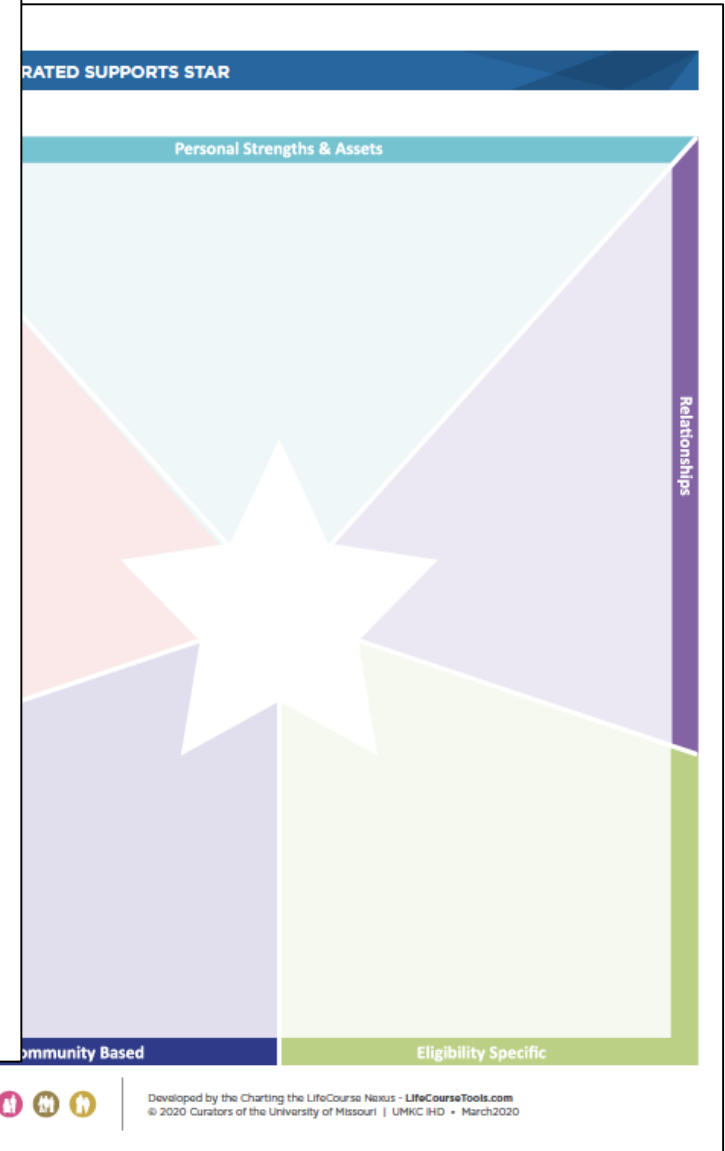
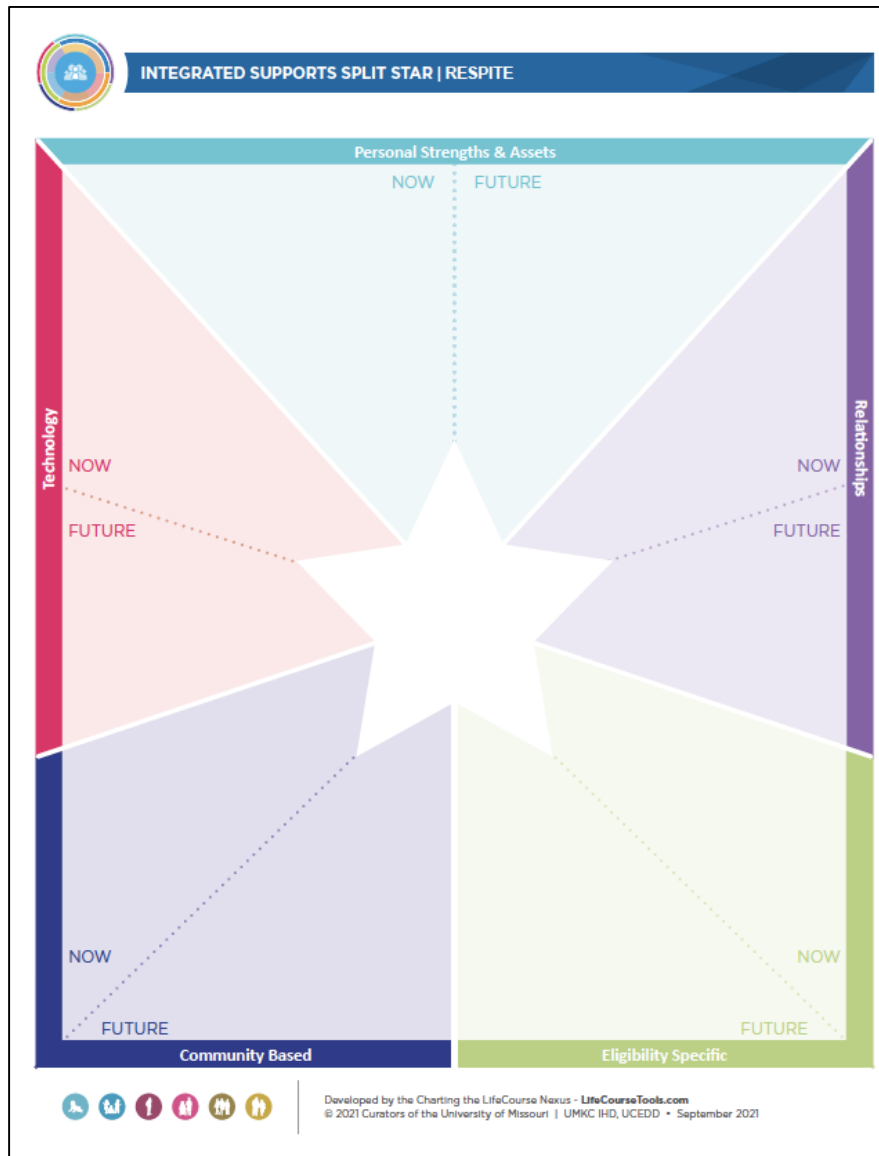
# Jalyn & Ruth's Vision for Good Life and Good Respite

And what we  
don't want....



# Why Use the Respite Support Star?

- Not everyone gets paid respite supports (think about the ALL)
- Paid respite funding is often not enough (make it stretch)
- Can offer more targeted and personalized support (incorporate in everyday life)



# Respite Resources and Ideas - when in-person or formal respite services aren't available or enough



# Planning for Supporting Ben's Caregiver(s) if Parents Aren't Available



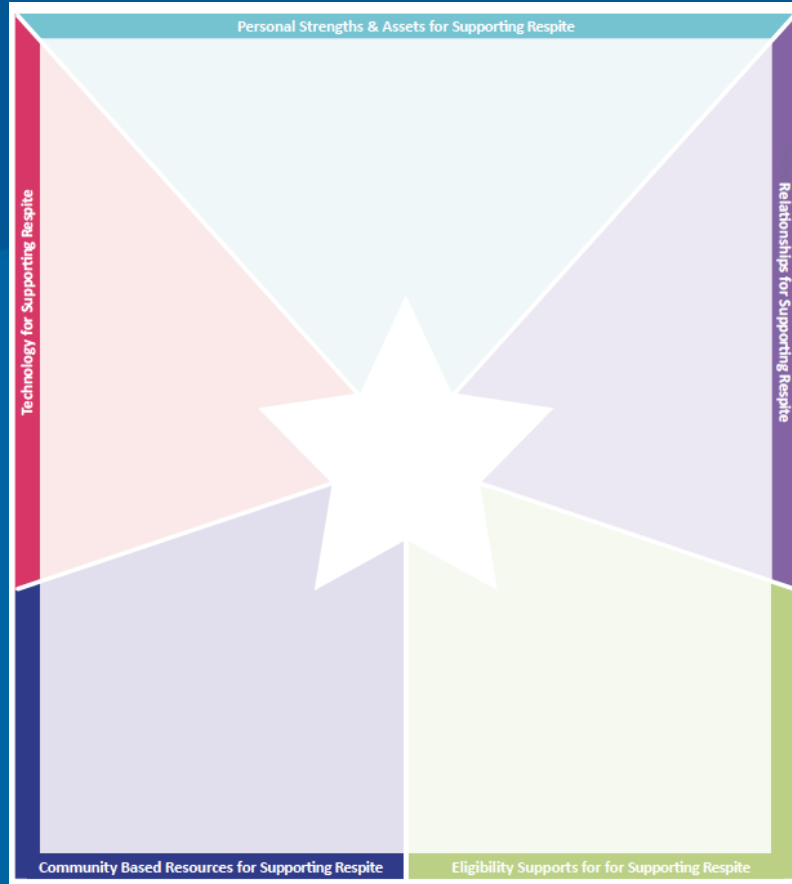


# Integrated Star ➤ Schedule/Calendar



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

# Applying Supports to Life



CHARTING the LifeCourse

Integrated Support Schedule

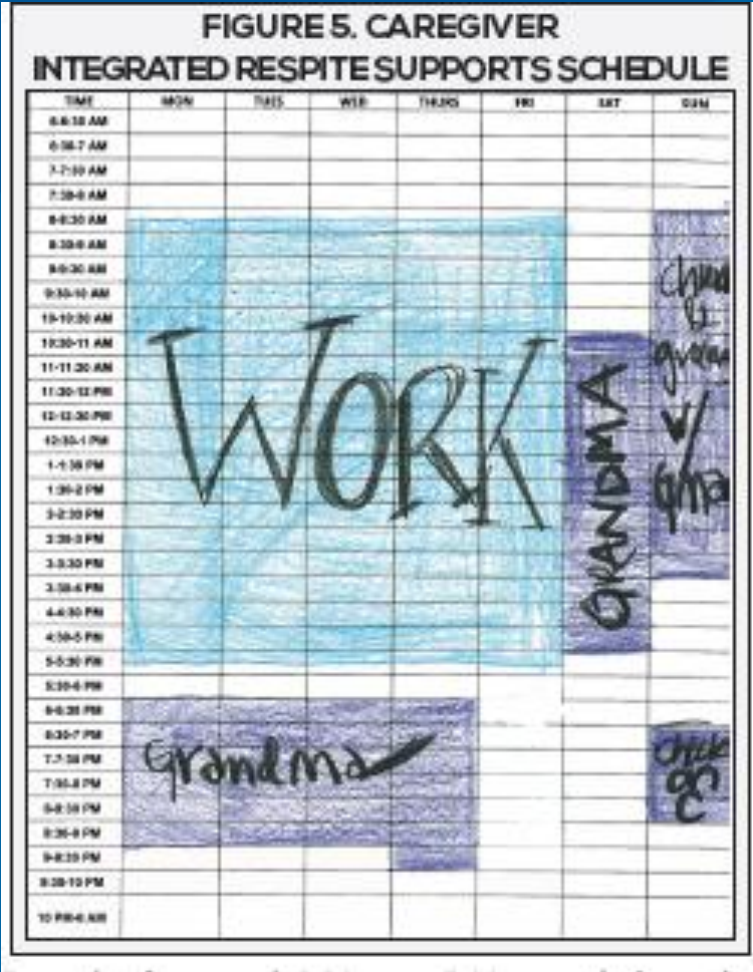
TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM							
6:30-7 AM							
7-7:30 AM							
7:30-8 AM							
8-8:30 AM							
8:30-9 AM							
9-9:30 AM							
9:30-10 AM							
10-10:30 AM							
10:30-11 AM							
11-11:30 AM							
11:30-12 PM							
12-12:30 PM							
12:30-1 PM							
1-1:30 PM							
1:30-2 PM							
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7-7:30 PM							
7:30-8 PM							
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM							

Developed by UMKC IHD, UCEDD. More materials at [lifecoursetools.com](http://lifecoursetools.com) MAY 2016

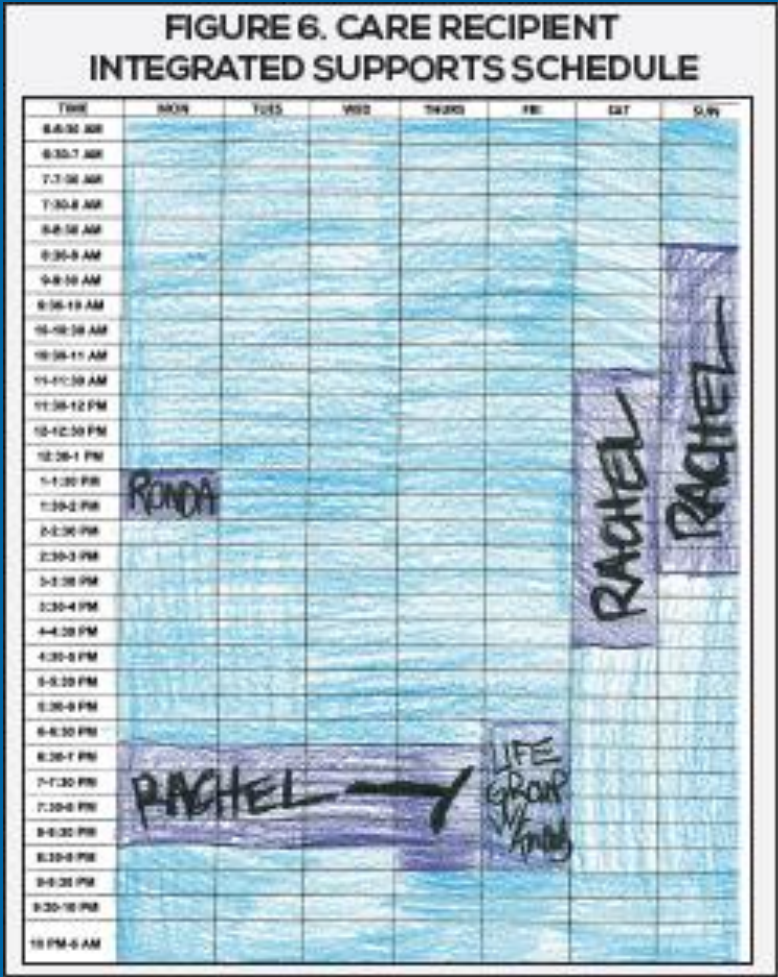


# Respite Schedule

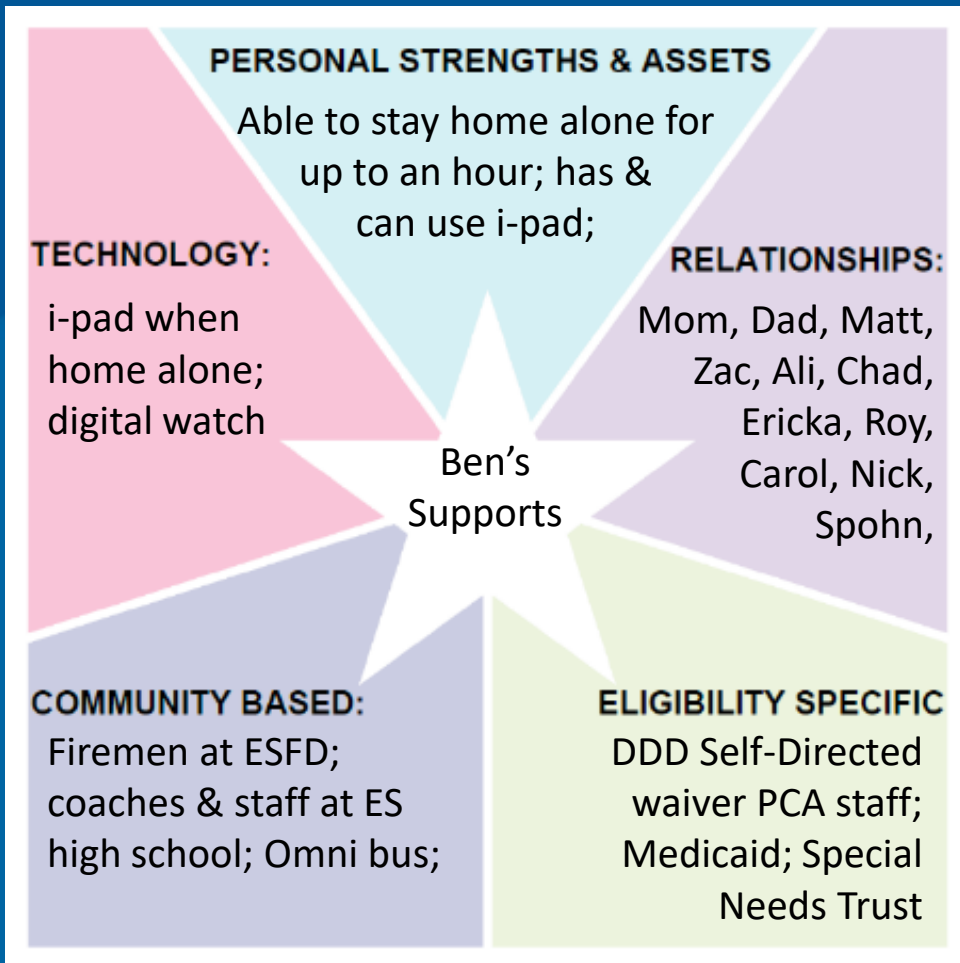
## CAREGIVER



## CARE RECIPIENT



# Ben's Supports

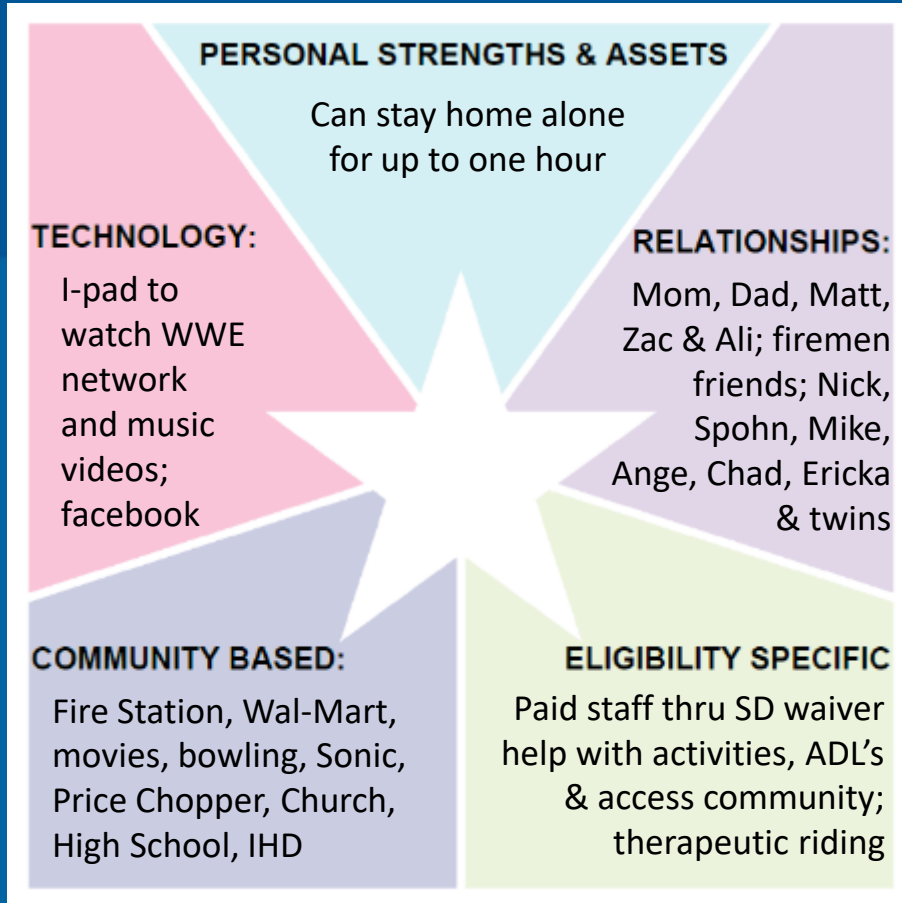


**Long Term Service and Support Needs**

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6-6:30 AM	Parents get Ben out of bed, assist with breakfast, shower, getting dressed and ready for his day						
6:30-7 AM	Parents support Ben						
7-7:30 AM	Parents support Ben						
7:30-8 AM	Parents support Ben						
8-8:30 AM	Waiver Self-Directed PCA	Volunteers Fire Dept Supported as needed by firemen	Waiver Self-Directed PCA	Volunteers Fire Dept Supported as needed by firemen	Waiver Self-Directed PCA		
8:30-9 AM							
9-9:30 AM							
9:30-10 AM							
10-10:30 AM							St. Ann's w/ mom
10:30-11 AM							
11-11:30 AM							
11:30-12 PM						Home alone while Mom walks	
12-12:30 PM						Home alone while Mom walks	
12:30-1 PM		Waiver Self-Directed PCA		Waiver Self-Directed PCA		Home alone while Mom walks	
1-1:30 PM						Home alone while Mom walks	
1:30-2 PM						Home alone while Mom walks	
2-2:30 PM						Home alone while Mom walks	
2:30-3 PM	Volunteer at high school, supported by coaches and friends						
3-3:30 PM	Volunteer at high school, supported by coaches and friends						
3:30-4 PM	Volunteer at high school, supported by coaches and friends						
4-4:30 PM						Home alone while Mom walks	
4:30-5 PM						Home alone while Mom walks	
5-5:30 PM						Home alone while Mom walks	
5:30-6 PM		Mom and/or Dad prepare meal and assist as needed				Home alone while Mom walks	
6-6:30 PM		Mom and/or Dad prepare meal and assist as needed				Home alone while Mom walks	
6:30-7 PM		Home alone while Mom walks				Dinner w/ Roy & Carol & family	
7-7:30 PM						Dinner w/ Roy & Carol & family	
7:30-8 PM	WWE With Matt		Horseback Therapy w/ Dad			Dinner w/ Roy & Carol & family	
8-8:30 PM						Dinner w/ Roy & Carol & family	
8:30-9 PM						Nick's Birthday Party with Matt and friends	
9-9:30 PM						Nick's Birthday Party with Matt and friends	
9:30-10 PM						Nick's Birthday Party with Matt and friends	
10 PM-6 AM	Mom and Dad are overnight staff						



# Ben's Daily Activities



CHARTING the life course



**Integrated STAR Activities**

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		Spend
6:30-7 AM	I-pad while	I-pad while	I-pad while	I-pad while	I-pad		Night with
7-7:30 AM	Mom walks	Mom walks	Mom walks	Mom walks	Mom walks		Matt
7:30-8 AM							
8-8:30 AM		Volunteer		Volunteer	Workout		
8:30-9 AM		Fire Station		Fire Station	@ Gym		
9-9:30 AM	Go for walk	8-Noon	Buy food	8-Noon	Get ready		
9:30-10 AM			& take to		& go to IHD		
10-10:30 AM	Workout		Good Sam.		Volunteer		Church @
10:30-11 AM	@ Gym		Center		At IHD		St Ann's
11-11:30 AM	Watch TV		Watch TV		with PCA		
11:30-12 PM		↓	Lunch with	↓			
12-12:30 PM	Lunch with	Lunch with	PCA help	Lunch with	Lunch @		
12:30-1 PM	PCA help	Firemen @	Workout	PCA help	Crown Cntr		
1-1:30 PM	Library	El Maguey	@ Gym	Wal-Mart			
1:30-2 PM	Watch TV	Watch TV	With PCA				
2-2:30 PM	Watch TV	& chill until	Sonic drink	Watch TV	Get ready		
2:30-3 PM	& chill	football	Chill time	& chill	for game		
3-3:30 PM	Football	Football	Football	Football	ESHS		
3:30-4 PM	Practice	Practice	Practice	Practice	Tigers		
4-4:30 PM					Football		
4:30-5 PM					Game		
5-5:30 PM	↓	↓	↓	↓		Dinner with	
5:30-6 PM		Go visit				Matt (twin)	
6-6:30 PM		Twins, Chad	McDonalds				Watch
6:30-7 PM		& Ericka in				Music	PayPerView
7-7:30 PM		Lawson				Concert	with
7:30-8 PM	I-pad when	I-pad while	Northland	I-pad while		with Matt	Firemen
8-8:30 PM	Mom walks	Mom walks	Therapeutic	Mom walks			friends
8:30-9 PM			Horseback				
9-9:30 PM			Riding				
9:30-10 PM							
10 PM-6 AM						Spend night with Matt at his apartment	



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# CHARTING the life course



## Long Term Support Needs

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM						Up at 5:30	
6:30-7 AM	Up at 5:30 am					laundry,	
7-7:30 AM	Does laundry, dishes, &					dishes,	
7:30-8 AM	Writes					hygiene	
8-8:30 AM					Breakfast	Keith	
9-9:30 AM	DHSS Supports			Dr. Cook			
9:30-10 AM	Breakfast			cash			East Hills Church
10-10:30 AM	Shower					watch	
10:30-11 AM	House Cleaned			grocery		NEWS	
11-11:30 AM	Pay bills			shop			Keith
12-12:30 PM	makes her own lunch					!!!!	
1-1:30 PM	NAPS!!!!					!!!!	
1:30-2 PM							
2-2:30 PM	TV	SC visits		TV		TV	
3-3:30 PM							
3:30-4 PM	Read Newspaper			Books		Goat ready	snack
4:30-5 PM	makes her own dinner					Keith	
5-5:30 PM	Read Books					Wedding	East Hills Church
6-6:30 PM						Keith	
6:30-7 PM	Any sports on TV					Des Moines	TV
7-7:30 PM							
7:30-8 PM							
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM	Bed at 12:30 am						Bed at 12:30

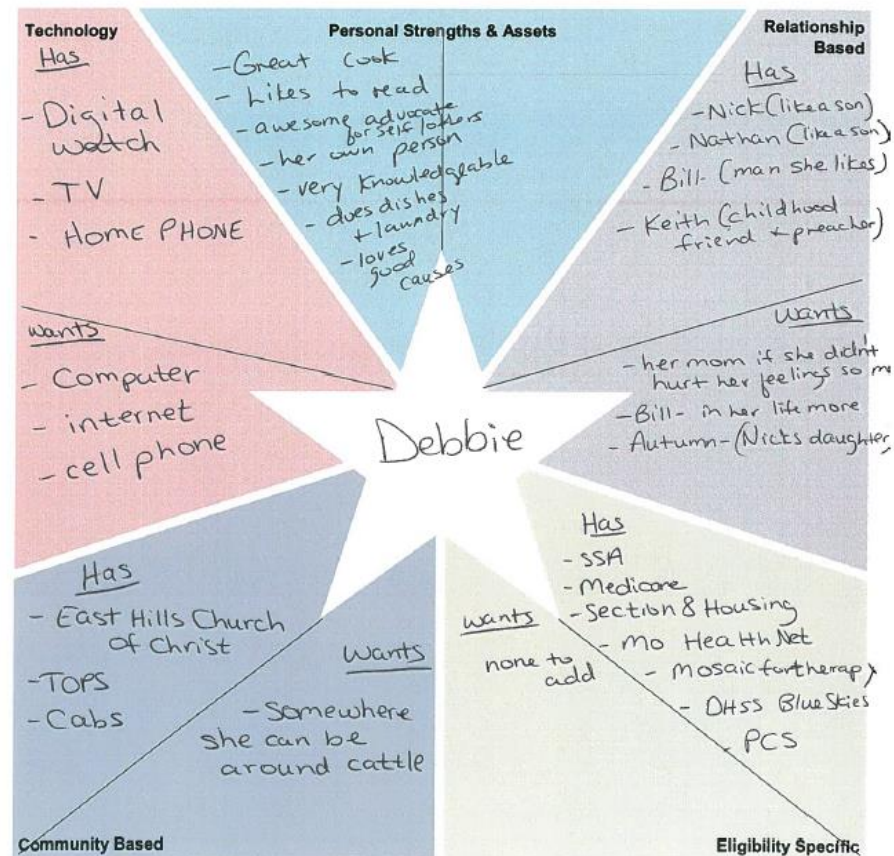
# CHARTING the life course



## Integrated Services and Supports



People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.



# Let's Try It!

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

***You are doing this exercise FOR YOURSELF. It doesn't matter if you are not a caregiver. However, if you are a caregiver, that is great – it may help you to see when you could use a short break!***

- With one color, block the time each day when you are not taking care of anyone else (husband, kids, grands, etc.)
- Use a different color to block the time each day that you are taking care of someone (husband, kids, grands, etc.)

# Fill it out for YOU

CHARTING the LifeCourse



Integrated Support Schedule

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM							
6:30-7 AM							
7-7:30 AM							
7:30-8 AM							
8-8:30 AM							
8:30-9 AM							
9-9:30 AM							
9:30-10 AM							
10-10:30 AM							
10:30-11 AM							
11-11:30 AM							
11:30-12 PM							
12-12:30 PM							
12:30-1 PM							
1-1:30 PM							
1:30-2 PM							
2-2:30 PM							
2:30-3 PM							
3-3:30 PM							
3:30-4 PM							
4-4:30 PM							
4:30-5 PM							
5-5:30 PM							
5:30-6 PM							
6-6:30 PM							
6:30-7 PM							
7-7:30 PM							
7:30-8 PM							
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM							

# Reflection

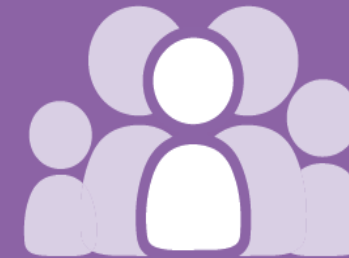
- What were some of the key takeaways or “aha moments” from your activity and discussion?
- What did it feel like to do this for yourself?
- What would it be like to use this to support a caregiver to take a short break?

# Respite Guide

<https://www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/respite/>

- Guide is FREE to download and use
- All tools are also FREE to download and use for anyone, anytime!

## Charting the LifeCourse



### Respite: Short Breaks for Caregivers

Being a caregiver can be one of the most rewarding and most challenging times we face. In order to continue to care for family members who require additional support, we must remember to care for ourselves as well.

This guide is meant to help caregivers and those who support them to understand the meaning and importance of respite/short breaks, see real life examples, understand the possibilities and options that exist for respite, within and outside the formal, paid service system, and create a successful plan that uses these short breaks to enhance the lives of all family members.

### LIFE DOMAIN



ALL Life Domains

### LIFE STAGE



ALL Stages

### DEVELOPED BY

**MISSOURI**  
FAMILY TO FAMILY  
UMKC INSTITUTE FOR HUMAN DEVELOPMENT | UCEDD

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**Respite**  
**Network**  
And Resource Center

## PLANNING RESPITE

What's going on now?



Having a clear picture of your current situation can help you know where you are starting, how using could improve your life, think about what you would do with a short break, and identify what needs

To begin, you will need the blank LifeCourse Respite portfolio that came with this guide or you download at [lifecoursetools.com/respites](http://lifecoursetools.com/respites).

The first page of the portfolio is designed to provide a snapshot of your current situation related to as well as help you identify the benefits of respite to you, your loved one and other members of your family are able to take a break from your caregiver role while your loved one is in trusted care. Take a few to reflect or even have honest conversations with other family members about the impact of caregiving consider your own needs as well as those of others in your family. Try to let go of any guilt and think about your unique situation.

### What is going on in my life?

List some of the ways that caregiving impacts you, your loved one, and your family as a whole. Think about factors that are unique to your situation.

Examples: loved one requires 24/7 care; being sole caregiver; juggling care-giving with full time job; lack of sleep; caregiver health issues.

### How would taking short breaks help me and the person I provide care for?

List some of the SPECIFIC benefits you and your loved one, and your family.

Examples: relieve stress; improve caregiver health; improve relationship of caregiver and caregiver keeping their job.

### Making Short Breaks Happen

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

List ideas of places you might want to go, activities in which you'd like to participate, or hobbies you might pursue.

Examples: attend faith or other community events; host sleepovers or family events; take a yoga class.

#### Who would I spend time with on a break from caregiving?

Think about who you would like to spend time with you had respite from caregiving.

Examples: reconnect with family or friends; meet new friend; have some alone time.

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

List some of the conditions/specific supports that you and your loved one feel are necessary to feel comfortable and truly enjoying a short break from caregiving.

Examples: specific training needed; unique care needs; preferred way of being supported.

5

## PLANNING RESPITE

What is our vision?

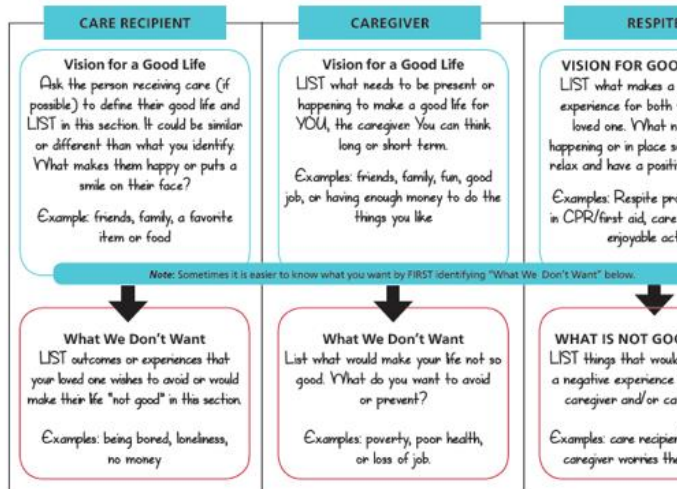
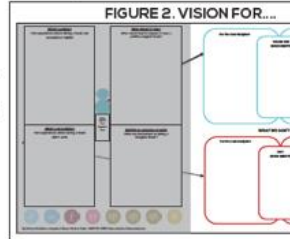


### Respite Trajectory Worksheet

Good respite planning starts with a clear vision for a good life and for a good respite experience. Having a clear vision of what good respite looks like for you and your loved one, and keeping that vision in mind, can help you as you make decisions about whether choices or experiences draw you closer to that vision or further away.

Exploring your vision could mean thinking well into the future or focusing on the here and now. Identifying a vision will help you have a target to aim for, as well as a way to communicate with others what you want good respite to look like. Most caregivers will only take a break if they are sure their loved one is happy, safe, and well cared for in their absence.

The Respite Trajectory Worksheet is located on the inside of your LifeCourse Respite Portfolio. You will begin this exercise on the right-hand side of your Respite Trajectory Worksheet. You will begin by identifying an "overall" good life for both you (the caregiver) and the person receiving care, as well as what you both don't want in life. This will help you keep in mind a target for your lives, and avoid pitfalls that might take you in an undesirable direction.



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### Relationships

Most of us rely on others in our life to give us advice, lend a hand, or be there for us when we need some support. How can relationships help you take a respite break and/or make it a positive experience for the care recipient?

List the people in your life (and if you'd like, their relationship to you or your loved one) right now that either do or could do even one thing that would enable you to take a short break in the purple part of the star.

#### Examples:

- Immediate or extended family members
- Friends
- Volunteers/ Mentors/Interns
- Teachers/Coaches
- Spiritual leaders and fellow worship congregants
- Co-workers, employers, carpool participants
- Other caregivers

## MAPPING RESPITE

What are our options?



### Integrated Star Worksheet

In this section, you will create your own Respite Integrated Supports Star "bank."

Completing the star will help you think about your own life and the supports and resources you have available in each of the star categories that could help make respite possible or a better experience for you and your loved one.

You will need your LifeCourse Respite Portfolio, turning to the Integrated Star Worksheet on the back page.

First, in the center of the star, write "Respite Supports for" and the care recipient's name.

The descriptions and examples that follow in this section will guide you through each part of the Integrated Supports Star.

FIGURE 4. MAPPING SUPPORTS FOR RESPITE



### Personal Assets and Strengths

It's important to consider what the caregiver and the person receiving care bring to the table - what are the possessions, assets, skills, traits, knowledge and talents of you and your loved one that could make respite possible and a positive experience?

List you and your loved one's knowledge, skills, personality traits, and material or financial resources that enable or could enable you to take a break in the light blue part of the star.

#### Examples:

- ability to stay home alone
- ability to dial 911
- doesn't wander
- knows/communicates address
- ability to use public transportation
- money to pay for respite

### Technology

Everyone uses technology as part of daily life these days. How can technology be used to help make respite possible for you and a positive experience for your loved one?

List the technology you and/or your loved one have available or use now in the pink part of the star. Remember, technology can be high tech, like a smart phone, or low tech, like a digital watch.

#### Examples:

- Medical Alert or Safety ID
- Remote monitoring
- Facetime/Skype
- GPS locator
- Smart device (phone or tablet)
- Computer

- Faith-based resources
- Parent/family cooperative
- Sitter-companion services

- State lifespan respite care programs
- Older Americans Act - Family Caregiver Support Program
- Respite voucher
- Consumer directed respite

breaks for herself. Her daughter, Nicole began to look for ways to help her.

Her daughter, who was a summer, could help her as well as spend some time with Nicole to work on as well as run occasional relationship-based respite. This reduced the amount of time she was spending on caregiving and allowed her to do what she needed to do. ★



# Charting the LifeCourse Respite Series

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What is it?



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

# Respite Skill Building Series

- **4-part Interactive Skill Building Training**
- **Contact LifeCourse Nexus to learn more**

<https://www.lifecoursetools.com/contact-us/>

# Questions & Final Reflections

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

# THANK YOU!

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<https://www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/respite/>



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