

★ Mapping Supports for Respite



Access the LifeCourse framework and tools at lifecoursetools.com

My LifeCourse Respite Portfolio



What is going on in my life?

How would taking short breaks HELP me and the person I provide care to?

Making short breaks happen

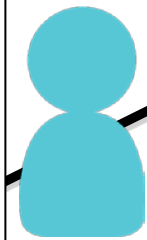
What would I do if I had a break from caregiving?	Who would I spend time with during a break from caregiving?
What needs to be in place so I am comfortable leaving the person I am caring for?	

Respite Trajectory Worksheet

VISION FOR A GOOD LIFE

What's working?
Past experiences where taking a break was successful or helpful

What Would it Take?
What would need to happen to have a positive caregiver break?



Write
Age of
Care
Recipient
Here

What's not working?
Past experiences where taking a break didn't work

Barriers to overcome or avoid
What are the barriers to taking a caregiver break?

For the Care Recipient **For the Caregiver**

VISION FOR GOOD RESPITE

For the Care Recipient **For the Caregiver**

WHAT WE DON'T WANT

NOT GOOD RESPITE

