**Mapping Supports for Respite**

- Technology
- Personal Strengths & Assets
- Relationships
- Community Based
- Eligibility Specific

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**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?

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Access the LifeCourse framework and tools at lifecoursetools.com

My LifeCourse Portfolio is a template of the UMKC IHD, UCEDD. More materials at lifecoursetools.com
Respite Trajectory Worksheet

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?

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?

Write Age of Care Recipient Here

VISION FOR A GOOD LIFE

FOR THE CARE RECIPIENT

VISION FOR GOOD RESPITE

FOR THE CAREGIVER

WHAT WE DON’T WANT

NOT GOOD RESPITE

For the Care Recipient

For the Caregiver