



FREE PRACTICAL TOOL

A Caregiver Check-In Plan

Care needs a rhythm. This guide helps you offer support without forgetting your own needs.

Start here

- 1 Ask: What is one thing my person needs today?
- 2 Ask: What is one thing I need today?
- 3 Choose one task to share, delay, or release.
- 4 Set a realistic check-in time instead of being on call every minute.

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