



When a helper cancels

Have a second path before the first plan breaks.

A note from Victoria

A cancellation can topple an entire day. You are not overreacting when you need predictability. Build a small fallback before the next gap.

What to do

For essential care, record who can step in, which tasks cannot wait, and whom to call if no one is available. Ask agencies about their replacement policy. If the person's safety depends on a task, contact the relevant clinician, service, or emergency help rather than improvising clinical care.

Words you can use

"I need to know by [time] whether coverage is confirmed. If not, who is your backup and how will you notify me?"

One useful step I can take today:

I could start with: Write the direct number for the person or service that can solve one coverage gap.

The strength I see in you

Planning for a cancellation is wisdom learned from experience.



When a helper cancels

Use this page in your own words. You can leave any part blank.

The essential task that cannot wait

Who can safely provide backup coverage

When I need an answer so I can change plans

My next manageable step

A person, service, or place I can turn to (if useful)
