



A respite break you can actually take

Make the handoff clear enough that rest becomes possible.

A note from Victoria

Being told to “take a break” is not helpful if care falls apart while you are gone. You deserve coverage that lets you truly step away.

What to do

Choose a realistic block of time, the essential tasks, backup contact, and what counts as an urgent interruption. Walk the helper through the first hour. If care needs training or professional supervision, arrange that before the break. Decide what you will not check during your time off.

Words you can use

“I can step away from [time] to [time] if these two tasks are covered. Please contact me only for [defined urgent issue].”

One useful step I can take today:

I could start with: Pick a break length the coverage can support, even if it starts small.

The strength I see in you

Rest is part of the care system, not a reward for finishing it.



CAREGIVING | WORKSHEET

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

What must be covered during my break

What counts as an urgent interruption

How I want to use this protected time

My next manageable step

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

Peer support and organization, not medical or legal advice. Follow the treating team's instructions. For urgent danger or symptoms, contact emergency services or the clinician.