



When you are the one who gets sick

Protect care continuity without pretending you can push through.

A note from Victoria

Caregivers get sick too. You do not need to prove commitment by ignoring your own health. Let us focus on essential coverage.

What to do

Tell the backup person what tasks cannot wait and where the current care instructions are. Contact a clinician or agency if care requires trained help. Reduce optional tasks. If you have symptoms that need medical attention, seek it; do not substitute this sheet for your own care.

Words you can use

"I am not well enough to do the usual care today. Can you cover [task] until [time], or help me call the right service?"

One useful step I can take today:

I could start with: Name the first task someone else can safely take today.

The strength I see in you

Accepting help protects both you and the person who depends on you.



CAREGIVING | WORKSHEET

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

The care tasks that cannot wait today

A person or service that can take one task

What I need for my own health

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.