Caregiver Support and Shared Load | Practice

Plan a Feasible Break

Adult caregivers | 5 to 10 minutes | Worksheet

Arrange an optional small break with appropriate coverage and a fallback.

A break is useful only if the care arrangement allows it. Start with the support needed, then decide what you would like to do. You do not have to spend the break being productive or making it look like self-care.

How to use this page

Plan one possible break over the next few days. The time shown is for planning. Choose a duration that fits confirmed support, care needs, and your own preference; do not leave someone without necessary care.

Check coverage first

Who is available and appropriately prepared? What has the care recipient agreed to? What information and contact plan are necessary? If suitable coverage is not available, the next step may be asking about respite services rather than scheduling time away.

Choose what the time is for

You might rest, attend an appointment, see someone, sit quietly, or do nothing planned. Choose the activity yourself. Protect the time from becoming another coordination task where possible. It is acceptable to prefer a practical personal errand.

Prepare for a change

Agree on how a cancellation will be communicated and which needs remain essential. If the break cannot happen, note the barrier without treating it as a failed effort. Bring the barrier to someone who can help reconsider support or services.

1. My preferred break and the confirmed support it requires

Original educational material. Not a validated assessment or treatment protocol.

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2. The agreed handoff, relevant contact plan, and privacy limits

3. If coverage changes or is unavailable, my next support question

Facilitator notes and adaptation

This is a planning aid, not a clinical handoff or emergency plan. Medical care, supervision, and specialized tasks require appropriate individualized arrangements. Avoid making essential care dependent on an informal worksheet.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PA08 | Centers for Disease Control and Prevention | Healthy Habits: Caring for Yourself When Caring for Another

https://www.cdc.gov/caregiving/caring-for-yourself/index.html

PA09 | National Institutes of Health | Social Wellness Toolkit

https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits/social-wellness-toolkit