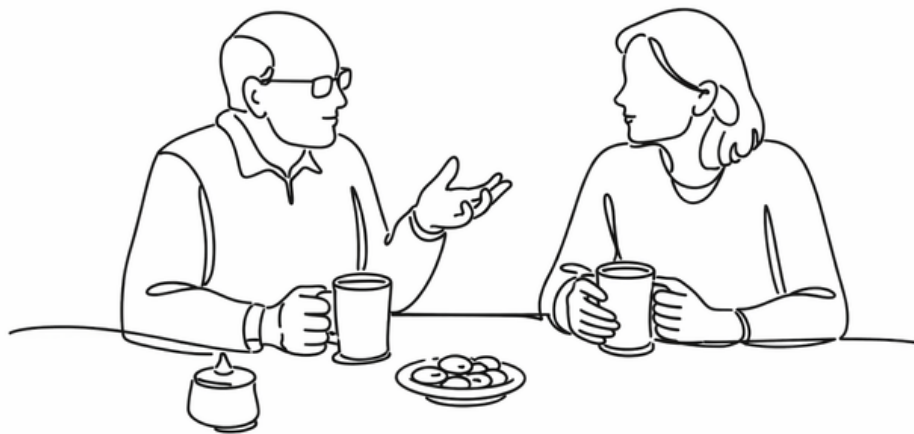




**Wise Well
- & Thrive -**

The Caregiver's Respite Plan

**A simple, supportive guide to getting
help before burnout sets in.**



wisewellandthrive.com

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Caregiver's Respite Plan

Caring for someone is the greatest act of love.

The Caregiver Respite Plan

Caring for someone you love is meaningful work.
It is also demanding, emotional, and often invisible.

A respite care plan is not about stepping away from your role as a caregiver.
It is about making that role sustainable.

Respite means having support (even briefly) so you can rest, reset, or simply catch your breath. It can look like a few hours of help, a predictable break each week, or knowing someone could step in if you needed them.

There is no one right way. What matters is that you are supported, too.

This plan was created to help you pause and focus on one thing: What kind of support would make caregiving feel more manageable right now?

You do not need to solve everything.

You do not need to justify your need for help.

This plan is not meant to be shared, explained, or approved by anyone else.

It is built by you, for you.



Caregiver's Respite Plan

Caring for yourself allows you to continue to care for others

How to use this plan:

- Move through it slowly. You can complete it in one sitting or over time.
- Be honest with yourself. There are no wrong answers.
- Focus on one decision and one small action — that is enough to begin.
- Return to it when things change. Support is allowed to change, too.

Caring well includes caring for yourself.

This plan is one small step toward making that possible.

Why this matters:

Support helps me remain:

- Patient
- Present
- Healthy
- Sustainable

This benefits:

- Me
- The person I care for
- Both



Caregiver's Respite Plan

You do not need a perfect plan. You need a starting point.

You are not meant to do this alone. Caregiving takes energy, attention, and emotional labor. Over time, doing everything yourself becomes unsustainable. This plan helps you name the one pressure point that matters most right now and take a meaningful first step toward support.

Where does caregiving feel hardest today:

(check all that apply)

- ☐ Physical exhaustion
- ☐ Emotional strain
- ☐ No time to rest or reset
- ☐ Guilt about asking for help
- ☐ Worry about emergencies
- ☐ Something else feels heavy

The one thing that no longer feels sustainable:



Caregiver's Respite Plan

Support begins when you move from thinking to asking.

My respite decision right now:

- ☐ I need immediate relief
- ☐ I need short-term support
- ☐ I need ongoing support
- ☐ I need an emergency backup plan

The type of support I will pursue first: _____

The one task I want help with: _____

Who I will contact: Name or service: _____

How to reach them: _____

My action step: I will reach out by:

- ☐ Today
- ☐ This week
- ☐ Next week



Caregiver's Respite Plan

Support is not stepping away from care. It is what allows care to continue.

Make support sustainable.

Respite is not a one-time decision. It works best when it evolves with changing needs. Checking in regularly helps prevent burnout before it builds.

My check-in plan:

I will check in with myself:

- ☐ Weekly
- ☐ Monthly
- ☐ When something feels off

During check-ins, I will ask:

Is this support helping me feel steadier?

What feels harder than it should?

What is one adjustment I could make?

If this plan stops working, my next step will be:



Caregiver's Respite Plan

What matters most is this: You deserve care, too.

You Don't Have to Do This Alone.

If you've completed this plan, you've already done something important. You paused. You named what's heavy. You identified one way support could help. That matters.

This plan is a starting point — not a finish line. As caregiving continues, needs change. Questions come up. Sometimes the hardest part isn't knowing what you need, but figuring out how to make it happen.

If you're ready for the next step, there are additional resources available to help you. Wise Well & Thrive offers practical tools and resources created by an occupational therapist with decades of experience supporting caregivers and families. We can help:

- Think through backup plans and emergencies
- Organize important information in one place
- Explore practical ways to put support in motion
- Build a caregiving plan that works in real life, not just on paper

You can take the next step now, later, or not at all.

Take your time, sit with this information. Figure out what you need.

Support is not something you have to rush into.