T LOVE HOME CARE SERVICES

FREE RESPITE PLANNER

Family Caregiver Relief & Respite Planner

You care for everyone. This worksheet helps you see where the week is hardest, identify when backup support is useful, and plan real breaks for yourself.

How to use this worksheet: Work through the 10 steps, then shade the hardest coverage times on the weekly grid.

Your 10-step relief plan

1. Write the weekly caregiving tasks you handle
2. List family helpers and their available times
3. Highlight the most difficult coverage days
4. Schedule meal, errand and rest breaks
5. Identify whether companionship or homemaker assistance could help
6. Plan who handles transportation and shopping
7. Record questions about visit length and scheduling
8. Create a backup contact list (keep it private)
9. Decide what you can delegate and what needs professional care
10. Choose one realistic next step this week

Please note: This resource is for planning family support. A caregiver's availability and exact services must be confirmed with T Love. T Love Home Care Services provides non-medical home care (companionship, personal care, homemaker, private duty and non-medical transportation) in Allen and Marion counties, Indiana.

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Weekly coverage map

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Afternoon							
Evening							
Overnight							

Write who covers each time. Circle the gaps where backup help would make the biggest difference.

Schedule a Free Care Consultation

Talk with our team about your family's schedule, the type of non-medical help you want and possible payment arrangements. There's no obligation to book care.

Companionship · Personal Care · Homemaker · Private Duty · Non-Medical Transportation

CALL OR TEXT
(260) 450-7038
tlovehomecareservices.com

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