

A break for me

Care takes time and energy. Pick a real time for rest, your own health visit, or something you enjoy. Ask for the help you need.

Parent's name

Planned on

What I need time for

Day and time

How long I need

Help my parent will need while I am out

Who I will ask

When I will ask

Who agreed to help

Phone

Backup plan if they cannot come

One thing I will do to make this break happen

If no one is free, ask your local office for older adults about help. Call the Eldercare Locator at 800-677-1116.