

Notes for when I am away

Use after a trusted helper agrees to stay. Walk through the plan together before you leave.

Parent’s name

Date

I will be away from / until

Helper’s name / phone

How to reach me

Backup person / phone

Time	What needs doing / where to find it

Care papers, supplies, and medicine list are kept here

Warning signs from the doctor or nurse / number to call

Use only care steps the helper can do safely. If they help with medicine, check the directions and notes on what was taken. A blank is not proof of a missed dose. For an emergency, call 911.