

SCARSTORIES · A LITTLE COMPANY ON THE WAY

Sharing care and taking a break

Caregivers need a workable plan for rest and backup.

Caregivers and family

Questions for an individual conversation with your care team.

Caregivers need a workable plan for rest and backup. These questions can help you ask for an individual plan. Answers depend on your situation and the people responsible for your care.

Questions to take to my team

☐ Who can arrange respite care or a backup caregiver if I become ill or exhausted?

☐ Which tasks require training, and can you show us and check our technique?

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.