



NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**WHAT IS GOING ON IN MY LIFE?**

**HOW WOULD TAKING SHORT BREAKS HELP?**

**MAKING SHORT BREAKS HAPPEN:**

<i>What would I do if I had a break from caregiving?</i>	<i>Who would I spend time with during a break from caregiving?</i>
<i>What needs to be in place so I am comfortable leaving the person I am caring for?</i>	

