Easterseals Respite Planning Tool

Congratulations! You have taken the first step in keeping yourself healthy and able to continue to care for your loved one – you've applied for and received respite grant funding. Now, what to do with those funds? Studies have shown that respite is more beneficial and rejuvenating when intentionally planned and taken regularly. Planning your respite time allows you to get the most from your break by doing something important to YOU!

Use the table below to help you do that. We encourage you to take a little time and fill this out. As you do so, think of things you would like to do with your time. Try not to fill your time with chores, but rather, choose activities that you always enjoyed doing but may not be able to now that you are a caregiver.

Next, think of who you will have be with your loved one during your respite time. It could be a friend, family member, neighbor or even a day program or summer camp. As a reminder, the respite provider:

1. Cannot be you
2. Must be 18 or older
3. Cannot be your spouse/partner, or the spouse/partner of your loved one; and if you are caring for a child under the age of 18, the provider cannot be their parent
4. Cannot live in the same home as your loved one

Use the chart below to get started:

What do I want to do with my respite time?	Who I will hire to be the respite provider?	When will the respite time occur (date/time)?
Sample: *Get more exercise; take an exercise class*	*My neighbor is home most days and mom naps in the afternoon*	*Class 2 pm -3 pm, Wednesdays; starts 11/10; neighbor can help 1:30-3:30*

If you have questions about how to use the respite or need additional caregiver support please contact one of our Case Managers:

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