



## What's Working?

List past experiences where taking a break was successful or helpful

## What Would It Take?

List current or future life experiences or goals that will continue to support your good life vision

## Vision for a Good Life

For the care recipient

Vision for good respite

for the caregiver

List past experiences where taking a break didn't work out well

List what might make it hard to take a break from caregiving

## What We Don't Want

For the care recipient

Not good respite

For the caregiver

