

My respite handoff



Confirm care coverage | page 1 of 2

Review together before the visit. The helper must be able to provide the actual care needed.

Date / start / return time; caregiver break goal

Suitable helper: name and phone

Caregiver and backup: names and phones

Care tasks needed; training or support confirmed

Current care instructions: secure location

If helper is late or cannot come: suitable backup

Keep private. Emergency: call local emergency number first. U.S.: 911.

Comfort and return notes



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Use the care team instructions. Do not ask a helper to improvise medicine changes, lifting or transfers.

Food, drink and swallowing instructions to follow

Bathroom, mobility and supervision instructions

Comfort choices and familiar activity

What helps if upset; what to avoid

If caregiver is late: coverage and contact plan

Return update: concerns / what went well / next change

Activities do not replace supervision. Keep medical and contact details private.