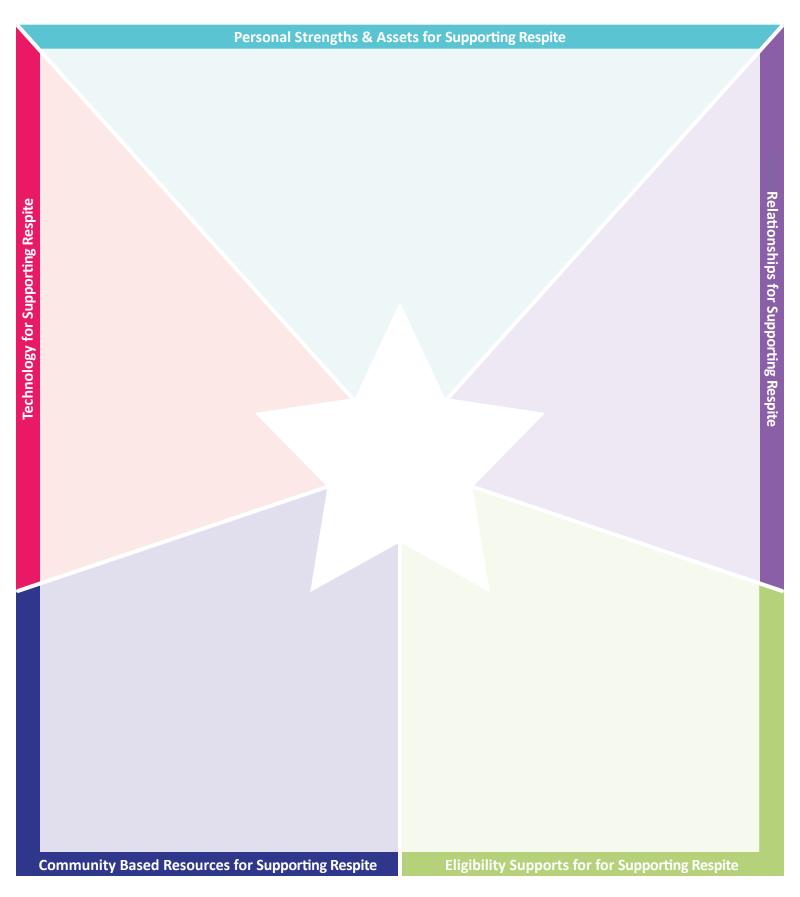


## **INTEGRATED SUPPORTS STAR | EXPLORING RESPITE**





## LIFECOURSE PORTFOLIO | EXPLORING RESPITE

NAME:	DATE:
WHAT IS GOING ON IN MY LIFE?	
HOW WOULD TAKING SHORT BREAKS HELP?	
MAKING SHORT BREAKS HAPPEN:	
What would I do if I had a break from caregiving?	Who would I spend time with during a break from caregiving?
What needs to be in place so I	am comfortable leaving the person I am caring for?













