

My care-load and backup plan

Short notes are enough. Leave out identifying or sensitive details. Use only if it is safe to keep these notes; this page is not an emergency contact or a monitored message.

Date / period: _____

Safety first. If you or someone else is in immediate danger, call 000. Do not use this worksheet instead of urgent help. For family violence safety support, contact 1800RESPECT on 1800 737 732. Use a safe device if someone monitors your activity. If you cannot continue providing essential care, contact the relevant care service promptly to arrange safe support. In Victoria, DirectLine is available on 1800 888 236.

1. What is wearing me down?

Choose a task or pattern and its effect on your health or daily life.

2. What needs to change first?

What can be safely shared, reduced, delayed or arranged differently?

3. Who could help with this?

Choose a person or service and one specific request.

4. What break and cover are possible?

What do you need, and who has actually agreed to cover essential care?

5. What is the backup?

Plan whom to contact if you cannot care, and when to review the arrangement.

Has this reduced the load? If not, what further help or change is needed?

Complete privately. Keep your notes secure and share only with people you choose. This original discussion aid is not a diagnostic test or a treatment plan.

Guide, sources and accessible HTML: <https://www.dreric.net/practice-resources/when-caring-is-wearing-you-down/>