

FREE GUIDE FROM BRIGHTENDAY

# Weekly Caregiver Respite Planner

Map your week with adult day care so rest, work, and your own appointments actually happen.



Find the right adult day program for your loved one - and a real daytime break for you. Then get matched, free, with licensed or certified centers near you. You visit and choose.

## Respite is not selfish

Caring for a loved one every hour wears anyone down. A day program is respite - a real daytime break that keeps you healthy enough to keep caring. Needing it does not mean you are failing.

## What a free day back can be for

- Keeping your job, or working part of the day
- Your own medical and dental appointments
- Rest and sleep you have been missing
- Errands, chores, and a quiet cup of coffee
- Time with your spouse, kids, or friends



## Plan your week

- 1 Mark the days your loved one would attend a program.
- 2 On each of those days, write one thing for YOU.
- 3 Block your own appointments on program days first.
- 4 Keep one block each week purely for rest.
- 5 Review the plan after a month and adjust the days.

## Signs you need more respite

- You feel exhausted, short-tempered, or numb.
- You have stopped seeing friends or your own doctor.
- You feel resentful, then guilty for feeling it.
- Small problems feel overwhelming.



## Take the first step

Even one or two days a week makes a real difference. When you are ready, get matched, free, with licensed or certified centers near you - and start small.





## Important

BrightenDay is a free matching and information service, not an adult day care center, health care provider, or licensed or certified care professional, and does not provide care or give medical, legal, or financial advice. This is not medical advice. Cost, hours, and schedule figures are typical ranges and examples, not quotes or guarantees; real cost, hours, eligibility, and services depend on the program, the level of care, your state, and any Medicaid or other benefits. Always choose a licensed or certified adult day center, verify its license or certification yourself, visit in person, and confirm services, cost, and safety in writing before enrolling. For a medical emergency, call your local emergency number.