



## Setting Goals to Maximize Your Respite Time

On this sheet of paper, please write down one to three specific goals of what you would like to accomplish during your respite time this week/month. Your goals can be anything (e.g., sleeping, cleaning, going to lunch with a friend), but they must be attainable during the respite time that is available to you. We recommend that you choose activities that:

- you have always enjoyed doing;
- you did before you became a caregiver but may not have been doing lately;
- have religious or spiritual meaning to you;
- may improve satisfaction with caregiving;
- may reduce the stress you might feel from caregiving;
- may increase your respite time;
- encourage you to use your respite more regularly.

### Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

At the end of the week/month, ask yourself whether you accomplished each of the goals and also whether you are satisfied with your effort at accomplishing each goal. Be honest with yourself, and use this information to revise your goals for the following week's/month's respite time. Caregivers who use their respite time to do what they intended to do feel often less burden and more satisfaction with their caregiving role.

### Personal Reflections on Your Goals (notes):

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\*The content of this document is derived from a brochure entitled "Respite Services: Enhancing the Quality of Daily Life for Caregivers and Care Receivers," developed by faculty members from California State University, San Bernardino and The University of Utah, June, 2010, Fourth Edition.