



Mighty Caregivers Reflection Worksheet

Make a Caregiver Backup Plan

Good caregiving isn't making yourself indispensable. It is making sure the person you care for continues to receive care even when you cannot be the one providing it. 



Scripture:

"Two are better than one, because they have a good return for their labor." Ecclesiastes 4:9



Tip:

Think about what would happen if you suddenly could not provide care tomorrow.



Pause & Reflect

- 1 If you unexpectedly could not provide care tomorrow, what would happen? Think about whether another person could comfortably step in.

- 2 How much caregiving information are you carrying only in your head? Consider the routines, preferences, contacts, and little things you have learned simply by caring every day.

- 3 Would someone else know what you know? Think about what another caregiver would need to understand to keep things going.



Reminder:

A backup plan does not mean you expect something to go wrong. It means the person you care for will still have support if you cannot be there.



Your "Oh No!" Plan

In my years as an Activity Director, I kept a file called "Oh No! The Activity Director Is Not Here. What Should We Do?" It gave others what they needed when I couldn't be there.

If someone had to step into your caregiving role unexpectedly, would they know what to do?



Care for Yourself, Too

A backup plan isn't only about the person receiving care. It is also about you. You may become sick, exhausted, have an emergency, or simply need a break. You deserve to know that someone else can help carry the responsibility.

Would having a backup plan make it easier for me to step away when I truly need to?



Today's Care Challenge

Take one step toward creating your own "Oh No!" plan. Start capturing some of the knowledge you carry every day so it doesn't have to live only in your head.



Remember:

You don't have to be available every moment to be a good caregiver. Preparing someone else to step in is an act of care for them, for the person you care for, and for yourself.

You Are Not Alone