

## Finding respite

CARE & SELF-CARE

Art sheets

Morning walk together

Time in the garden

dominoes

Catchup on email

nap

mobility & movement

Who wakes up first?

Quieter time of day?

Restless time of day?

Best time to exercise?

Brighter time of the day?

Time with family?

Bedtime?

# Finding respite CARE & SELF-CARE

Alastair awake  
he makes breakfast

Best time to exercise:

Brighter time of the day:  
art sheets

Time in the garden

Quieter time of day: nap

Restless time of day:  
Video chat with family

mobility & movement  
together

6

Edge wakes up first,  
Catchup on email,  
paperwork, banking

7

8

9

10

11

12

1pm

2

3

4

5

6

7

8

9

10

Morning walk together

Work together

Work solo

Lunch: pre-made

Work solo

Prepare dinner (and lunch)  
Eat together

dominoes together

Comedies and music together

Bedtime

# Finding respite CARE & SELF-CARE

David awake  
tea and newspaper

6

7

Shirley wakes up slowly

8

Brighter time/day:

9

Quizzes together

10

11

Best time to exercise:  
mobility & movement  
together

12

1pm

Lunch

2

Comedies and music together

Mows and gardens

3

Solo time

What's missing?  
nap, meds,  
family,

4

Prepare dinner (and lunch)

5

Eat together

6

Television together

7

Restless time of day:  
Video chat with family  
hero worksheets

8

Bedtime

9

Catchup on email,  
paperwork, banking

10

Bedtime

# Finding respite

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