

Whoever ends up as the hands-on person burns out on a predictable schedule, because nobody budgets for the person who is not the one who is sick. This page is the budget.

What week are you taking, and what is the date?

Who covers each day, and have they said yes out loud?

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What do they need from you in writing before you leave? Start with the Family Care Notebook and What a Good Day Looks Like.

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What paid help fills the gaps the family cannot, and is it booked?

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Who is the one person to call if something changes, and does everyone have that number?

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*A week you have not put on a calendar is not a plan. Put a date on this page before you set it down.*