Appendix a: Respite Care Roster

Assign time blocks to trusted helpers. Share this sheet digitally or print and post it visibly.

Date	Time Slot	Helper's Name	Contact	Task/Notes
May 2	9am-noon	Linda S.	604-555-5555	Prepare/serve dinner

Success Tips:

- Use shared Google Calendar for shifts.
- Call the **BC Caregiver Support Line** (1-877-520-3267) for guidance.

This document is an integral part of a Caregiver Toolkit found at www.mefm.bc.ca/caregivertoolkit.
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