

Appendix a: Respite Care Roster

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

[illegible]

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
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