

These respite tools provide information on the importance of respite, tools for thinking about and planning for respite, and additional resources for finding informal respite in the community. Resource materials include a respite guide book, portfolio and other tools meant to help family caregivers caring for anyone of any age or disability to create a plan to access respite services whether within or outside of the formal services system.

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[Charting the LifeCourse Respite Tools](#)