

Care should not require *your disappearance*.

SIX QUIET PAGES FOR HOLDING CARE WITHOUT DISAPPEARING INSIDE THE ROLE.

For depleted caregivers carrying handoffs, appointments, documentation, emotional guilt, coordination overload, and care that does not clock out.

Partial use counts — that applies to this kit, not to required care or safety duties.

CAREGIVER OS

For family care & care-work jobs

Capacity-aware caregiver infrastructure for when your own capacity is low and care still exists.

HOW TO USE THIS SHORT ROUTE

1. Start with Safety.
2. Put down only what you can.
3. Sort only if it helps.
4. Choose one bounded care step — or none.
5. Stop when enough.

Care does not mean self-erasure.

You can be responsible and still have limits.

You can love someone and still be depleted. You can be good at care and still need support. You can need rest without being neglectful.

Immediate care comes first: do not use this kit while driving or during an urgent medical, medication, or safety situation. Follow care plans and workplace rules.

Need a person instead? Someone you trust, a supervisor or care coordinator, a healthcare professional, or emergency support — you do not need to finish this kit before asking for help.

GENTLE GUIDANCE

If even this feels like too much

Stop here. Nothing else is required.



Nothing on this page requires action.

Stay here as long as you need

Care Load Dump

No sorting yet. No fixing yet. No justifying.

Appointments, routines, medications, meals, school, transportation, documentation, behavior support, emotional labor, messages, bills, hygiene, advocacy, fear, guilt, shift stress — let it land outside your body.



Write fragments only

The care load needs somewhere to land
besides your nervous system.

♡ FEELS LIKE: *A place to put it down*

Stop when slightly more held

Must / Can Wait / Needs Handoff

You are reducing the operating surface — not deciding your worth.

A gentle filter — not a to-do list.

This tray sorts load you already understand — it does not decide medical or safety urgency. For symptoms, medication, treatment, or safety concerns, use the approved care plan or the appropriate person or professional.

GENTLE GUIDANCE

Three trays

Known and time-sensitive · real but not today · another person or system.

Must happen soon — known, non-clinical, time-sensitive

Can wait

Needs handoff

Stop when trays feel clearer

One Bounded Care Step

Not the whole care plan. Not everything you feel guilty about.

One small step that reduces confusion or invisible load — without opening the whole care plan. Medical, medication, symptom, and safety questions stay with the approved care plan or the appropriate person.



One thing my body might allow

Small. Low threat. No prep required.



 FEELS LIKE: *A soft yes, not pressure*

Choose one — or none

This round can end here.

You did enough for this round.

You do not have to carry every thread in your body tonight.

You do not have to earn rest by proving you care.

Return whenever you want. This kit does not expire. Time-sensitive care still follows its real schedule.

REMEMBER

- *Care is real labor.*
- *Rest and neglect are not the same thing.*
- *A clear handoff is one way care becomes shared.*
- *Care should not require your disappearance.*

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