



Get Clear On The Details: Time Off

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Everyone needs time off.

Including you!



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- When we first started we thought we would be ok to work 7 days a week if a few days were just a little bit of work
 - Because it was a change in lifestyle.
 - Rather than working 5 days a week, 8 hours a day, we might end up working 7 days but maybe only for 4 hours a day.
 - So it would be ok as we weren't working all day.
 - We thought it might just be a change in mindset needed as to what constitutes time off.

We actually managed this for about a year





....until we eventually found we just couldn't maintain this level of work.


We were tired.

We were getting a bit grumpy.


But most of all, we weren't enjoying work!

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Common Misconception

'Make hay while the sun shines'


- aka take the work whilst it is there as you never know when it's going to change.
- We do have busier periods and know it won't last (caring is always changing due to people's needs changing)
- Never agree to working on your day off.
- As we have found in this job 'the sun always shines'


Make sure you prioritise your needs too!






Here's how..

- DO NOT work 7 days a week, even if its just a 'quick pop in', this will drain you! You need at least one full day off a week.
 - People have family to help, you are working alongside their family and friends to deliver care. You are not replacing the family. You are taking the pressure off them.
 - Choose when you want to have time off and work around that, aka 'we can fit you in for 6 visits a week'. The family will cover the 7th day.
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Not everyone needs daily visits.

- Holidays: explain that you will give them a few months notice for any time off you will be taking so it won't be sprung on them. You can offer to try and help arrange cover if you like, but you don't need to. Most will just arrange family members to cover.
 - Make it clear that you are a 1 or 2 man band so you get the consistency of the same people delivering the service, but because you are a small team, it does mean at times family will need to provide cover for when you are off.
 - We don't take new work on leading up to summer
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I have a work buddy..

- If you work alongside a business partner, then you may be able to cover each others holidays.
- But be warned, it doesn't always work that way.






What does work..

Flexibility!





IT IS VERY IMPORTANT YOU LOOK AFTER YOURSELF AS YOU NEED
TO BE ABLE TO STAY FIT AND HEALTHY TO BE ABLE TO DELIVER
YOUR TOP QUALITY CARE.

SO MAKE SURE YOU DO PLAN IN TIME OFF.





Task:

Write down when your days off will be.

