



One-Month Circle of Care Change Plan

A fill-in template for moving adult responsibility off a young caregiver's plate, one stabilizing step at a time

A circle of care doesn't need to be built perfectly, or all at once. Most families do better with one stabilizing move per week, done consistently, rather than trying to solve everything simultaneously. Fill this in with the anchor adult involved, one week at a time.

WEEK 1 *Stabilize*

Identify the anchor adult and create a minimal safety plan before anything else.

Anchor adult (name + phone)

Crisis contact plan, adult #1 (name + phone)

Crisis contact plan, adult #2 (name + phone)

Unsafe triggers in this home (wandering, falls, aggression, stove, driving, medication)

What the teenager is not responsible for doing alone

One immediate sleep-protecting move this week

WEEK 2 *Support*

Add counseling or peer support, and start reducing secrecy.

Counseling option identified (contact + first step)

Peer or group option identified

One secrecy-reducing script to use (school or clinic)

WEEK 3 *Load Reduction*

Move one recurring task off the young person's plate, permanently.

Task to move off the young person

New adult owner of this task

Start date and first action

WEEK 4

Lock In

Formalize accommodations and set a rhythm for ongoing review.

School / campus accommodation point person

Workplace plan (if relevant)

Weekly respite plan (day / time)

Weekly check-in with anchor adult (day / time)



From Parentification: Caregivers in Crisis by Homer L. Hartage. For the full framework and more support tools, visit the Parentification Resource Center at homerhartage.com/parentification-resource/.