

Asking for help

Because family and friends often do not know what to do, care partners sometimes do not receive the help they need. When someone says, "If there is anything I can do..." this is the time to reply with, "as a matter of fact, I need help with my groceries!"

INSTRUCTIONS

- In the chart below make a list of all the things that you can use help with. Use as many tables as you need.
- Using the information generated in the Circle of Support exercise, list who you could for help.
- Many people want to help, they just don't know how. Identifying what you need help with should make asking a little easier.

EXAMPLE

Things I need help with
Mowing the lawn
Getting meals prepared

EXAMPLE

People I could ask
My son John
Meals on Wheels, Home Care Service

CONTINUE WITH YOUR OWN EXAMPLES

This is what I could use help with	This is who I could ask

Make a commitment to ask for help!