



## Six Easy Steps to Help You Define Needs and Seek Help

Care giving is a selfless feat that requires both courage and endurance. Understanding your needs is one of the most important things you can do to maintain your physical, emotional and spiritual health.

What follows are six steps to get you started.

Step One. Identify the various care giving tasks you are responsible for and the varying degrees of skill and effort required to successfully accomplish each task.

Step Two: Create a weekly to-do list that also includes your other responsibilities and commitments – especially those tasks that you have concerns about balancing.

Step Three: Group your tasks into categories. For instance, you may choose broad ones like personal care giving, housekeeping, community service, etc. You may also choose to narrow these categories. There is no right or wrong way.

Step Four: Write down all of your care giving worries. Also include those tasks, care giving or otherwise, that no longer balance out (those things you used to do but now can't seem to fit into your schedule).

Step Five: Share your list with someone you trust before you seek help from family or friends. The purpose is to get comfortable with talking about your needs before you reach out for support.

Step Six. Embrace the fact that asking for help is not a weakness but a strength. For you've assessed your situation and employed problem-solving strategies to enhance the care of your loved one.

Don't give up if your requests for help are rejected at first. Persist and continue to advocate on your own behalf. Keep in mind the effort and even the discomfort and frustration is worth it because the ultimate goal is to provide the best help possible for your loved one.