

# Involving people and setting up a support plan

## How to ask for help

Can you drive me to my appointment next week and stay with me while I am there?

I don't have the energy to update everyone individually. Could you maybe send out group messages to keep the family in the loop?

Would you take notes during my consultation and help me keep a list of questions for my doctors?

Could you set up a meal train or arrange grocery deliveries for me for a couple of weeks?

Are you able to help with childcare, school runs, or eldercare on the days I have treatment?

Would you pick up my prescriptions and help me set simple reminders, so I take them on time?

Could you be my emergency contact and save my care team's numbers in your phone?

This whole thing is pretty scary. Would you spend time with me sometimes—even if we're just watching TV?

