

Just Got Diagnosed

My Support Needs and Resources Worksheet

Use this worksheet when you are ready to get specific about what you need from your friends and family members. If you identify a need but not a resource, place a check in the “not sure” column. And then look at the list on page two to get some ideas about resources you may not have thought of.

Task	Support Resource Available (name of resource)	Not Sure
1) Physical		
<input type="checkbox"/> Cooking	_____	<input type="checkbox"/>
<input type="checkbox"/> Cleaning	_____	<input type="checkbox"/>
<input type="checkbox"/> Shopping	_____	<input type="checkbox"/>
<input type="checkbox"/> Getting to the Doctor	_____	<input type="checkbox"/>
<input type="checkbox"/> Walking	_____	<input type="checkbox"/>
<input type="checkbox"/> Taking Medications	_____	<input type="checkbox"/>
<input type="checkbox"/> Self-care	_____	<input type="checkbox"/>
<input type="checkbox"/> Childcare	_____	<input type="checkbox"/>
<input type="checkbox"/> Following a diet	_____	<input type="checkbox"/>
<input type="checkbox"/> Following an exercise plan	_____	<input type="checkbox"/>
<input type="checkbox"/> _____	_____	<input type="checkbox"/>



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Task

Support Resource

Available (name of resource)

Not Sure

2) Daily Affairs

- | | | |
|---|-------|--------------------------|
| <input type="checkbox"/> Writing checks | _____ | <input type="checkbox"/> |
| <input type="checkbox"/> Managing finances | _____ | <input type="checkbox"/> |
| <input type="checkbox"/> Insurance | _____ | <input type="checkbox"/> |
| <input type="checkbox"/> Making household decisions | _____ | <input type="checkbox"/> |
| <input type="checkbox"/> Other business | _____ | <input type="checkbox"/> |
| <input type="checkbox"/> Job issues | _____ | <input type="checkbox"/> |
| <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> |

3) Emotional

- | | | |
|---|-------|--------------------------|
| <input type="checkbox"/> Daily companionship | _____ | <input type="checkbox"/> |
| <input type="checkbox"/> A listening ear | _____ | <input type="checkbox"/> |
| <input type="checkbox"/> An occasional check-in | _____ | <input type="checkbox"/> |
| <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> |



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Task	Support Resource Available (name of resource)	Not Sure
4) Spiritual		
<input type="checkbox"/> A group to attend	_____	<input type="checkbox"/>
<input type="checkbox"/> Someone to call	_____	<input type="checkbox"/>
<input type="checkbox"/> Someone to visit me	_____	<input type="checkbox"/>
<input type="checkbox"/> _____	_____	<input type="checkbox"/>

If you responded to the resource list with a lot of “not sure” responses, don’t worry. Making a few phone calls, or clicking around on the Web, can work wonders in terms of getting you directly to support options, or at least more ideas and referrals as to whom you can call next. To get you started, here are a few ideas:

- Neighbors with teen-agers
- Babysitters, housekeepers, accountants, personal assistants
- Community college programs and recreation center programs
- Universities
- Home healthcare agencies
- Civic organization like the Lions or Rotary International
- Public and private social service organizations
- Your church or synagogue
- Condition-specific organizations like the American Diabetes Association or the American Cancer Society (who may be able to send you a guide to local resources)
- Self-help groups and organizations, e.g. for HIV
- Hospitals with programs for specific conditions

The items on this list may have stimulated some thinking regarding other kinds of support that you may need. If so, hopefully you added them to the list to include in your planning process.

