

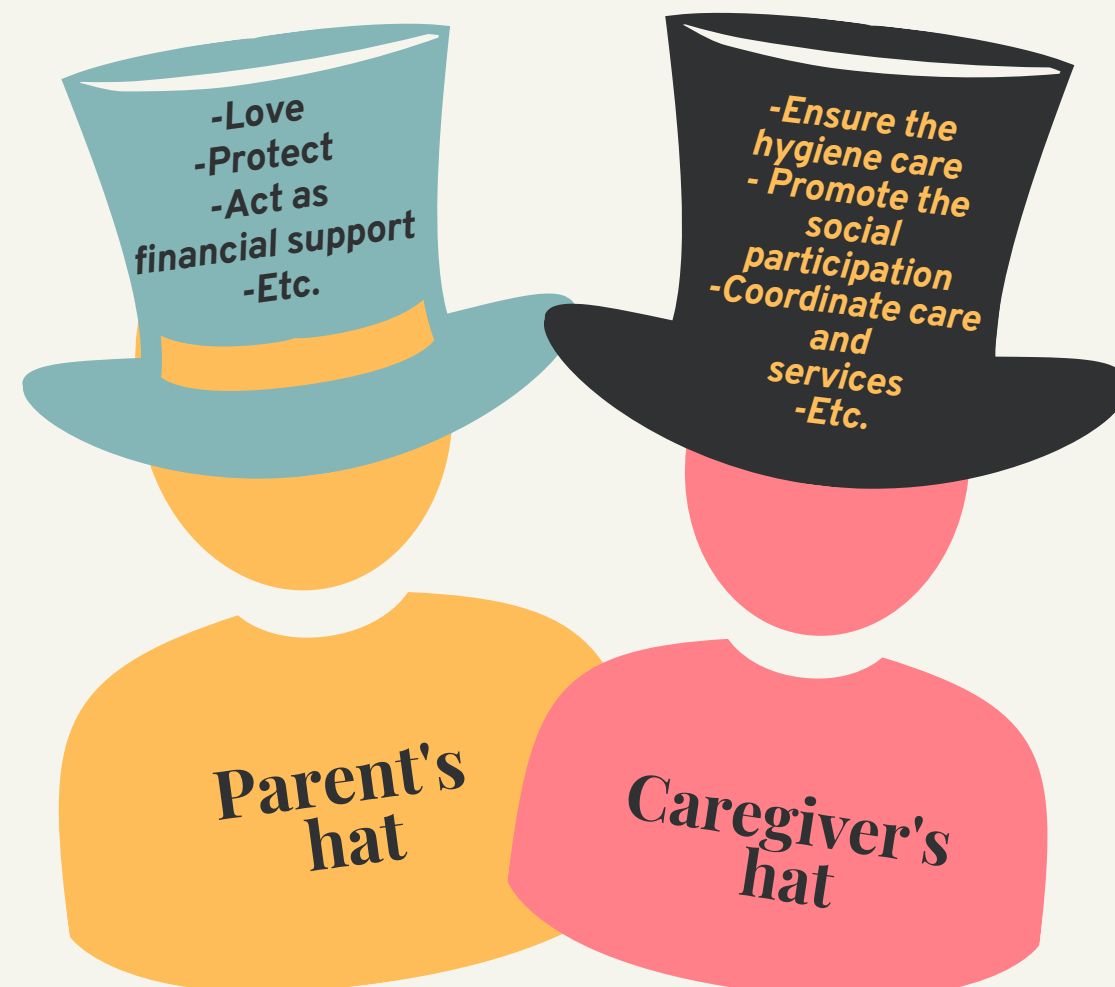
Asking for help : How to?

“Asking for help is acknowledging our limits and creating an opportunity to strengthen our ties. It is opening up to others and allowing them to join their forces with yours.

STEP 1

Identifying what stops us from asking for help.

- The fear of being judged and of disturbing
- The feeling of failure
- The culpability of not doing our work
- A loss of control of a situation
- A negative past experience
- The fear of rejection
- The fear of being indebted
- Our patient's refusal to get help.
- The fear that the help will be inappropriate.
- Being able to rely only on ourselves



Wearing both of these hats can lead to confusion between what society expects of us as parents and the special support our child requires as they reach the age of majority.
Remember that EVERYONE may need help, especially when our roles add up.

The benefits of asking for help :

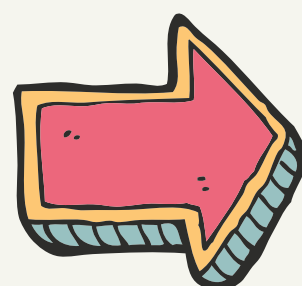
- Being better at recognizing our strengths and weaknesses.
- Being able to identify our limits and our unfulfilled needs.
- Being able to create a support network.
- Generate communication of the people involved.
- Favorise the consolidation of leniency and self-compassion.
- Give the opportunity to take a step back from the situation.
- Give a space to reflect on our fears, beliefs, feeling of failure and culpability.
- Give the opportunity to recognize the adaptation capabilities of our patient towards all workers who bring them support and help.
- Helps to evaluate our surroundings' capacity to contribute to the patient's care and maintain their quality of life.



STEP 2

Make a list of our needs:

- Hygiene and dressing help
- Cleaning and landscaping maintenance
- Grocery shopping and errands
- Meal preparation
- Transport and/or accompaniment to medical appointment
- Equipment for our patient's mobility and security
- Psycho emotional and relational support (support group, meeting with social worker, etc.)
- Better understand a handicap, a disability or an autism spectrum disorder
- Help with communication
- Other needs



Ask for help “Who to ask?”

- Parents, relatives, friends or neighbors
- Nurse at the doctor's office
- Doctor or a specialist
- Social workers, occupational therapists, respiratory therapists, at home help workers, or any other CLSC worker that helps at home.
- Attendants, nurses, any other workers in the residence facilities or the hospitalization centers.
- Workers and specialists of the different community organizations and the Day relief center

Asking for help : How to?

STEP 3

Request characteristics :

- **Ourself** : We can ask ourselves to be more understanding of the difficult situation we are facing.
- **Another person** : Asking our spouse, our siblings, friends, colleagues, etc.
- **Others** : Asking help from an institution, organization, support group, etc
- **Life** : We can ask the universe or any bigger forces (luck, divine, providence, etc) Keep hoping!



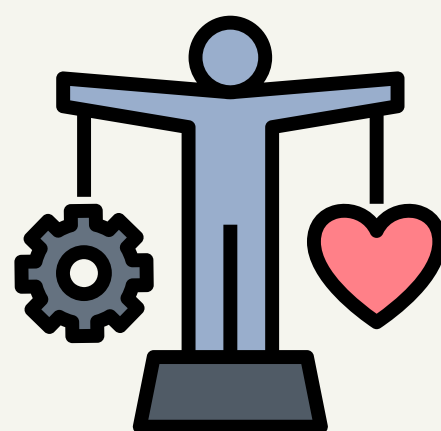
Asking for help is also accepting the possibility of a refusal

3 strategies to welcome the other's response :

- **The intention** : It is important to be aware of our intention towards the other person when we ask for help in order to lower the culpability feeling if the person refuses.;
- **Relationship** : Even if the person refuses, it is important to remember that the relationships and links are important;
- **To let go** : By letting go of the other's response regarding the request, the interlocutor can choose their answer without pressure. They may be more likely to answer your request favorably.

***Courage doesn't always roar.
Sometimes, courage is the little
calm voice at the end of the day
that says: "I will try again
tomorrow".***

Mary Anne Radmacher



Characteristics of a request :

- **Concrete** : (e.g.: action, words)
- **Formulated in the present** : (e.g: Are you ok with doing the dishes until friday, please?)
- **Positive** : (e.g: state what you wish for instead of what you do not want)
- **Realistic and doable**;
- **Negotiable** : (e.g: the answer given gives the opportunity to the other party to answer and to come up with a solution together)

A request is not a requirement :

- Making a request is sharing with someone what we wish for in order to better meet our needs. A request will be more successful if made with gentleness and care.

A few communication strategies :

- "Would you be ok if.....";
- "Would it be possible for you to.... ?";
- "What would you say if ?".

STEP 4

Practice asking for help:

• **Ambiguous request**

"My son has an autism spectrum disorder, I am getting older, I think that I need help, but I think that other situations are worse than mine. His brother is coming this week-end to help. I will rest and I should be ok."

* This request is ambiguous. I may not get the help needed in regards to my needs.

• **How to make a clear request:**

"My son has an autism spectrum disorder. I get up every night. I help him to bathe and to get dressed. I am exhausted and at the end of my capacities. I can not do this alone anymore. Would you take over a few hours a week so I can rest?"

* The clarity and precision of your help request help to obtain the support you truly need.

Remember that it's always a good time to rectify the situation.