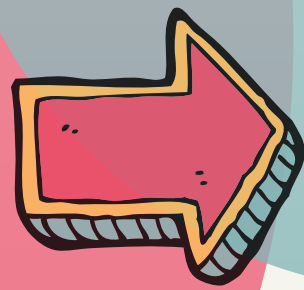


“ Asking for help is acknowledging our limits and creating an opportunity to strengthen our ties. It is opening up to others and allowing them to join their forces with yours. ”

STEP 1

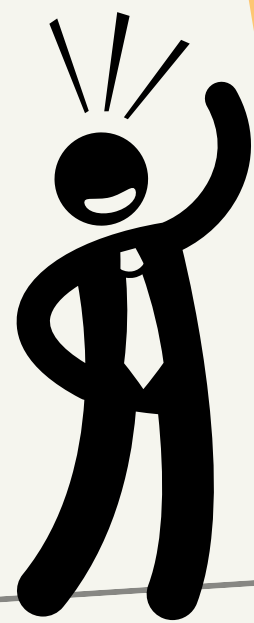
IDENTIFYING WHAT STOPS US FROM ASKING FOR HELP :

- 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



THE BENEFITS OF ASKING FOR HELP:

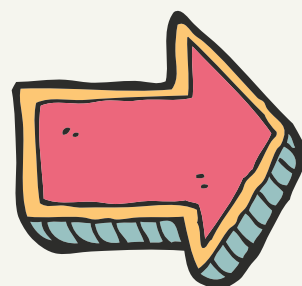
- Being better at recognizing our strengths and weaknesses
- Being able to identify our limits and our unfulfilled needs
- Being able to create a support network
- Generate communication of the people involved.
- Favorise the consolidation of leniency and self-compassion
- Give the opportunity to take 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 the illness, help with communication
- Other needs



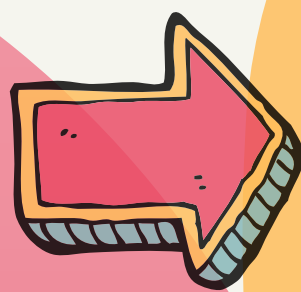
ASK FOR HELP "WHO TO ASK?"

- 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

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)



THE REQUEST IS:

- 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
- Négociable (e.g: the answer given gives the opportunity to the other party to answer and to come up with a solution together)

UA 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:

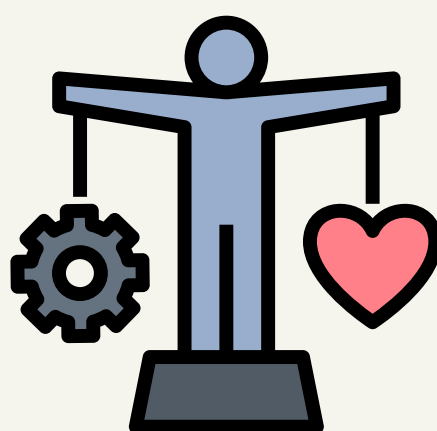
- “Would you be ok if.....”
- “Would it be possible for you to.... ?”
- “What would you say if ?”

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”.



STEP 4:

PRACTICE ASKING FOR HELP:

- **Ambiguous request**
“My partner is losing autonomy and I think I need help but some are in worse scenarios than us. My son is coming this weekend and he will help us. I will rest and I will be fine”

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

- **How to make a clear request:**

“My spouse is losing autonomy. I wake up every night. I help him get dressed and I wash him. I take care of everything right now. I am exhausted. I don't have energy anymore. I can't do this alone anymore.”

*** 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.