

# HOW TO HELP

Three types of support to give or find help

*Instructions: This tool was designed for people with lupus and their caregivers. You can fill this out together or separately. Ask yourselves the questions listed and add your ideas in the space provided. If you get stuck, you can use the examples below for help. When completed, use this to talk about ways to get and provide support.*

## WHAT CAN I DO TO HELP?

Instrumental Support

### EXAMPLES

*\_ Cooking meals and other housework*

*\_ Filling prescriptions*

*\_ Transportation to appointments*

*\_ Helping with insurance claims, paperwork & calls*

### ADD IDEAS HERE

## HOW CAN I HELP YOU FEEL SUPPORTED?

Emotional Support

### EXAMPLES

*\_ Listening to and discussing feelings*

*\_ Offer a hug*

*\_ Remind them of their inner strengths*

*\_ Accompany them to doctor's visits*

### ADD IDEAS HERE

## IS THERE INFORMATION THAT I CAN GIVE YOU OR HELP YOU FIND?

Informational Support

### EXAMPLES

*\_ Help find information about lupus*

*\_ Connect them to health educators that can answer their questions*

*\_ Help make a list of questions for a doctor's appointment*

### ADD IDEAS HERE