

How to Ask for Help When You're the Helper

Script templates every caregiver needs.

SCRIPT 1: The Direct Ask

- Hey. I'm struggling. I don't need you to fix anything. If you're able, could you [specific task]? No pressure at all. I j

SCRIPT 2: The Indirect Ask

- I know we haven't talked much. No hard feelings. If you ever have capacity to help, small things make a huge diff

SCRIPT 3: The Help List (send when someone says anything)

- - Bring a meal (we'll eat anything)
- - Sit with [person] for 2 hours so I can leave the house
- - Pick up groceries (I'll send a list)
- - Just come over and exist near me. No conversation needed.
- - Send a text that doesn't require a response.

REMEMBER

- Sending the message is the hardest part. People almost never react negatively.
- Most common response: I had no idea. Thank you for telling me.

