

# HELP App & Brief Intervention Checklist

## WHAT?

This checklist is for health care and other service providers to confidently **'prescribe' social support** through the HELP App for people with life-limiting illness and their families and friends.

## HOW?

We know that people are more likely to ask for and accept support from their family and friends when a trusted professional like *YOU* can:

1

Tell patients and carers that social and practical care is as important as medical care.

2

Encourage asking for and accepting help, ask them if anyone has said *"let me know if I can help?"*. Ask them who they would help out if needed!

3

Tell them about the HELP App, and help them get started if you can;

- download the app
- sign up
- add tasks
- invite people



<sup>free</sup>  
The **HELP App** makes it easier to:

- Ask for and accept help
- Coordinate help (don't get 6 lasagna's at once!)
- Set up support on behalf of someone else
- Provide updates
- See what help is needed and select what you can do
- Have conversations in any language
- Plan activities
- Do end-of-life planning
- Schedule appointments
- Share what you learn with each other
- Learn about end-of-life issues from professional in-app tips

**SAFE | SECURE | TRUSTED Technology**

