

# Social prescribing script for introducing the HELP App

**A guide to conversations with patients, clients and carers about mobilising social and practical support through the HELP App.**

## BEGIN THE CONVERSATION:

“Now that we’ve talked about the services we provide, we need to talk about the support you will need from family and friends as a part of your care...”

Having friends and family doing helpful tasks for us can make a positive difference at this time. It can lighten your load and keep you connected...”



*for people with life-limiting illness  
and their carers*

Your support network will help you get through this time. It is as important to your well-being as your healthcare...”

Has someone said “let me know if I can help?” Let’s start there...” →

## TALKING ABOUT THE HELP APP:

"The free HELP App was created to make it easier to ask for, offer and accept help. You can add people that you trust...

In the HELP App you add tasks that you would like support with and people can choose how they can help.

You can also update everyone at the same time or have more private conversations...

There is information about other services and important issues in there too..."

## NORMALISING CONCERNS:

"I know it is hard to ask for and accept help, I understand. But it does get easier once you start doing it..."

I know you don't want to be a burden, but research tells us that people want to help, and feel better when they:

1. know what you need, and
2. can do something useful for you at this important time...

It is a great job for a friend, cousin or adult child to do for you..."



Palliative Care  
Australia  
*Matters of life and death*

**Download the HELP App today**  
**search: *Healthy End of Life Planning***

