

HELP: Frequently asked questions

Who should I ask for HELP?

- Friends, family members and other social connections of the person at end of life, but also *their* families members and friends who often want to help.
- Start with anyone that has said “let me know if I can help” and practice saying, “yes please, can I show you my HELP plan?”

What if I don't have a big support network?

- It takes only two people to create a support network. Connecting to one or two people is as valuable as having a big network.
- To find more people for your network think about who *you* would help if you could; colleagues, neighbours, people from the local community, people from the gym or the kids' schools, people in your hobby groups and classes, old friends, online friends etc.

I don't want to be a burden, and people are so busy, how can I possibly ask for HELP?

- People want to help and be included at this important time - they often just don't know how to and don't want to get it wrong.
- With your HELP plan people get to see what you need and then choose **how and when** they can help in a way that suits them.

I am too overwhelmed to do this, can someone else do it for me?

- Yes. The HELP plan is often started by a trusted person with your consent. It is an easy way for someone else to support you when you have a lot going on.

What if I don't know what kind of help I need, or what support I can ask for?

- This is common. HELP has been created out of years of research with people in situations like yours. Download the HELP for carers, families and friends step-by-step guide to organising support and staying connected and follow the three simple steps.