

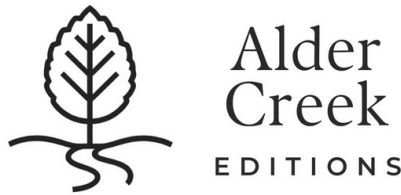
Worksheets

from

When More Help Is Needed

A Guide for You and Your Family

Book 1 of The Sitting Room Series



About these worksheets

These are the 14 worksheets from When More Help Is Needed. Print as many copies as you need. Each one names the chapter that explains it.

The book comes in paperback and for Kindle. To find it, search for its title, or ask a bookstore or library for ISBN 979-8-952410-12-1.

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General information, not medical, legal, or financial advice. In an emergency, call 911. In a crisis, call or text 988.

From Chapter 2: Noticing It Yourself

Keeping a two-week record

Use the record on the next pages. Each day, write one or two things that were harder than you expected, and what you did about it. Leave a day blank if nothing comes to mind. At the end of two weeks, read it through once and circle anything that came up more than once.

Day	What was harder today	What I did about it
1		
2		
3		
4		
5		
6		
7		

Day	What was harder today	What I did about it
8		
9		
10		
11		
12		
13		
14		

What came up more than once:

From Chapter 3: When Someone Else Noticed First

What was said

1. Write down what was said and who said it.
2. Next to it, write what you think is true, and what you think is not.
3. Choose a day this week to talk again, and tell the other person which day.

What was said, and by whom

What I think is true about it

What I do not think is true

When we will talk again

From Chapter 4: What You Want to Keep

What matters most to me

Where I want to live, and why

What a good ordinary day looks like

What I want to keep doing myself

What I would be glad to hand off

People and places I want to keep

What I want for my money

What losing my independence would look like

**The three things I would hold on to
longest:**

1.

2.

3.

From Chapter 5: The First Conversation

Planning the conversation

Who I want there

Where and when

My first sentence

What I want them to know about what matters to me

The one next step I would like us to agree on

From Chapter 6: A Map of the Help There
Is

Places and services
I have looked at

Name and phone	What they offer	What I learned

From Chapter 7: Who Pays: Questions to Ask

Cost questions and answers

Question	Who I asked, and the date	What they said

From Chapter 9: A Safer Home

My home safety list

What I found	What I will do	Who will do it	Done

From Chapter 10: Driving

Getting around

Where I go	How often	Another way to get there

From Chapter 11: Deciding Together

Weighing the options

Option	What it keeps from my list	What it changes or costs	Questions still open

From Chapter 11: Deciding Together

Trying it for a set time

What we are trying

When it starts, and how often

What it costs, and who pays

How we will know it is working

The date we will look at it again

What we will do if it is not working

From Chapter 12: Letting Help In

How I like things done

My usual morning

Meals I like, and how I take my coffee or tea

Things I want to keep doing myself

Things in the house I would like left alone

People who may call or visit

**Who to call if something seems wrong
with me**

From Chapter 13: Your First Steps

My first steps

Week	What I will do	Done
1		
2		
3		
4		

From Chapter 14: For the Family

Who does what

Task	Who	How often
Daily check-in call		
Groceries and meals		
Medicines and pharmacy		
Doctor appointments and rides		
Bills and mail		
House and yard		
Time off for the main helper		

From Chapter 15: When You Are the One
Helping

What would
give me a break

**One thing I have stopped doing that I
miss**

One person who could take over a task

One kind of respite I could try

When I will try it
