

# HOW TO GET THE SUPPORT YOU NEED

## Developing Your Social Support Network

Instructions: When you're living with lupus, you'll want a network of people who can support you. This tool will help you reflect on your needs and identify people who can help.

### STEP 1: THINK ABOUT WHAT YOU NEED

#### EXAMPLES

- \_ An advocate at an upcoming doctor appointment
- \_ Help with insurance paperwork
- \_ Child care

#### ADD YOUR NEEDS HERE

### STEP 2: IDENTIFY SPECIFIC PEOPLE WHO CAN HELP YOU WITH THOSE NEEDS

#### EXAMPLES

- \_ Your spouse or significant other, your best friend, your sister or brother
- \_ A friend with experience in insurance issues
- \_ Another mom from your child's school, a neighbor

#### ADD NAMES OF PEOPLE HERE

# HOW TO GET THE SUPPORT YOU NEED

## Developing Your Social Support Network

### STEP 3: WHEN YOU ASK, BE SPECIFIC WITH YOUR REQUEST

#### EXAMPLES

\_ You would like to have a more satisfactory doctor appointment

\_ You have a stack of insurance forms from a recent trip to the emergency room

\_ Your child has sports practice after school

#### ADD SAMPLE "ASKS" HERE

I was frustrated after the last visit to my doctor because I don't really understand the new treatment plan. Would you come with me to my appointment next Friday, and be a second pair of eyes and ears?

I'm feeling overwhelmed by paperwork that's come in since my medical emergency last month. Would you have time to sit down with me on Saturday for an hour, to help me sort it out?

I think our sons play on the same baseball team. Would you be able to give my son a ride home from baseball practice on Wednesday afternoon?