



Friends and Family

Make a list of friends and family that you can count on if you need help with a health problem.

Some things to consider:

- How and when they can help you? Next to each name, make some notes about their circumstances and when and what you might or might not ask for
- What stories do they tell about their experience with illness and health providers? Are they generally positive or negative?
- Would your friend or family member expect something in return for helping you? Would you feel grateful for their help or guilty for feeling like a burden to them?
- Which family member or friend seems most supportive to you?

Name of family member or friend	Current Circumstances or Availability	Positive or Negative about Health Care?	Would I feel Grateful or Guilty?	How can this person help?
Sue	Works full time but somewhat flexible schedule Kids is school all day	Positive	Grateful	Talk of the phone during the day to talk about doctor's appointment
Cousin Al	Works nights but only part time	Negative. Has chronic back pain	Guilty	Is free mornings to give me a ride if I real need it

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