

2 Ask For Help | Meeting Guide



Who will you invite? Write their names below.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

Before your meeting, ask yourself the following questions:

What tasks would you like to retain which may benefit your healing?

Which tasks would you like to delegate that you might find draining or stressful?

What support do you need around the house regarding cleaning/maintenance?

Where are the closest suppliers of reasonably priced organic veggies and meat/fish? Review the Meal Plan for shopping lists of what you will need and provide the list to your carer.

FAMILY MEMBER	TASKS YOU LIKE TO DELEGATE
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

FAMILY MEMBER	SUPPORT YOU NEED AROUND THE HOUSE
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

SUPPLIERS OF VEGGIES/MEAT/FISH/FRUITS
1.
2.
3.
4.
5.

WHO WILL HELP WITH WHAT?	FAMILY MEMBER
Grocery Shopping	
Cooking Meals	
Preparing Juices & Smoothies	
House Cleaning	
Walking/Feeding your Dog/Pets	
Taking children to school and after school activities	
Who will go with me to appointments?	
Others:	