

# DRAFT THE JOB DESCRIPTION

## Identify How People Might Support Your Illness

### HOW TO USE THIS

Reviewing your list of names from exercise 6.1, consider who might support you in the various types of roles below. You will likely put some people's names (those in your inner crew, especially) next to more than one type of support. Name them outright below.

#### TYPES OF SUPPORT

#### NAMES

**Practical support** (e.g., help with medication management, errands, banking, groceries, cooking, cleaning, transportation, etc.)

**Emotional support** (e.g., listening and attending to your thoughts and fears, socializing)

**Physical support** (e.g., help with bathing, dressing, getting up and around, feeding, toileting)

**Social support** (e.g., help with going to events/getting out of the house)

**Respite support** (e.g., giving your inner crew a break if they are tired)

**Spiritual and cultural support** (e.g., help with attending to spiritual or religious needs)

**Coordination support** (e.g., arranging medical appointments, keeping track of medical info)

**Information seeking** (e.g., finding out about available services, etc.)

**Financial / legal affairs** (e.g., help with getting wills and legal documents in order)

Whomever shows up the most on your list is likely going to fill the role of your main caregiver. You can have more than one. Name them here, as they have a key role and need information and support.

**My main caregiver(s) is:**