FINDING PARTNERS WHO CAN HELP

Everyone needs help sometimes, especially when you’re living with a chronic disease like immune thrombocytopenia (ITP). Asking for help can be tough. Remember that your friends and family want to help.

3 THINGS TO REMEMBER WHEN ASKING FOR HELP

• **Be direct.** Rather than waiting for someone to offer help or dropping hints, ask for help directly.

• **Be specific.** Chances are your friends and family want to be supportive. They may not, however, always know what you need. Tell them.

• **Choose a partner.** Before asking for help, think about who has the best strengths for your needs.

IDENTIFY WHO CAN HELP

*Complete this exercise by identifying someone who can partner with you and help in some common situations. Fill in the blanks with the person’s name for each situation.*

- It helps to have a partner. Someone who can go with me to a doctor visit to listen and ask questions is ________________________________ .

- If I need help running errands or picking up a prescription, ________________________________ can lend a hand.

- When I feel extremely tired, it’s difficult for me to ________________________________ . Someone who can help me with this task is ________________________________ .

- When my platelet count is especially low, I have to be extra careful to avoid injury. This makes it hard to ________________________________ . Someone who can help me with this is ________________________________ .

- When I am having a rough day, ________________________________ is a really good listener.

*Keep this list handy and use it as a reference when you need help.*