

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.